

INSPIRE FITNESS LIFTING PROGRAM PHASE ONE						
DAY 1-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
DB BENCH PRESS	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
LATERAL PULLDOWN	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
INCLINE DB PRESS	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
STRAIGHT ARM PULLDOWN	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
DECLINE DB PRESS	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
LOW CLOSE GRIP ROW	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
CABLE ONE ARM FLYE	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
PULLUPS	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
WEIGHTED PLANK	3X30 SEC	3X45 SEC		3X60 SEC		
CARDIO	20 MIN RUN/WALK	30 MIN RUN/WALK		40 MIN RUN/WALK		
DAY 2-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
CABLE BICEP CURL IN/OUTS	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
TRICEP ROPE PRESSDOWN	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
DB LATERAL RAISE	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
EZ BAR CABLE CURL	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
OH ROPE TRICEP EXT	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
DB ARNOLD PRESS	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
ROPE CURL	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
REVERSE CABLE EXT	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
REAR DELTS	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
WRIST ROLLER	5X3	6X3		7X3		
CARDIO	20 MIN RUN/WALK	30 MIN RUN/WALK		40 MIN RUN/WALK		
DAY 3-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
SQUAT WIDE STANCE	10, 10, 10	8,8,8		6,6,6		
OLYMPIC SQUAT-NARROW	12, 10, 8	12, 10, 8		12, 10, 8		
PAUSE SQUAT	5,5,5	5,5,5		5,5,5		
LEG EXTENSION	15,12,10,10	15,12,10,10		15,12,10,10		
STANDING CALF	20,15,15,15	20,15,15,15		20,15,15,15		
LYING HAMSTRING CURL	15,12,10,10	15,12,10,10		15,12,10,10		
SEATED CALF	20,15,15,15	20,15,15,15		20,15,15,15		
WEIGHTED PLANK	3X30 SEC	3X45 SEC		3X60 SEC		
CARDIO	20 MIN RUN/WALK	30 MIN RUN/WALK		40 MIN RUN/WALK		
DAY 4-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
BENTOVER BB ROWS	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
BB BENCH PRESS	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
INCLINE DB ROW	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
INCLINE BB BENCH	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
1 ARM DB ROW	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
MACHINE FLYE	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
LOW WIDE GRIP ROW	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
WEIGHTED PUSHUPS	20, 20, 20	20, 20, 20		20, 20, 20		
WEIGHTED BACK EXTENSION	20, 20, 20	20, 20, 20		20, 20, 20		
CARDIO	20 MIN RUN/WALK	30 MIN RUN/WALK		40 MIN RUN/WALK		
DAY 5-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
STRAIGHT BAR CURL	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
EZ BAR SKULL CRUSHER	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
UPRIGHT ROWS	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
DB HAMMER CURLS	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
DB OH TRICEP EXT	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
FRONT/BACK SHRUGS	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
INCLINE DB CURLS	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
DB TRICEP KICKBACKS	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
BB SHOULDER PRESS-SMITH	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
DB WRIST CURLS	20, 20, 20	20, 20, 20		20, 20, 20		
CARDIO	20 MIN RUN/WALK	30 MIN RUN/WALK		40 MIN RUN/WALK		
DAY 6-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
SUMO BB DEADLIFT	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
DB STR LEG DEADLIFT	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
LYING HAMSTRING CURL	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
DB WALKING LUNGES	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
LEG EXTENSION	15, 12, 12, 10	12, 12, 12, 10		12, 10, 10, 8		
STANDING CALF	20,15,15,15	20,15,15,15		20,15,15,15		
HIP ABDUCTION-BAND	20,15,15,15	20,15,15,15		20,15,15,15		
HIP EXTENSION-BAND	20,15,15,15	20,15,15,15		20,15,15,15		
CARDIO	20 MIN RUN/WALK	30 MIN RUN/WALK		40 MIN RUN/WALK		

\*SUPERSET EXERCISES  
 \*SUPERSET EXERCISES