

INSPIRE FITNESS LIFTING PROGRAM PHASE THREE						
DAY 1-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
DB BENCH PRESS	20,15,12,10	15,12,10,8		12,10,8,8		
WIDE REVERSE GRIP LAT PULL	20,15,12,10	15,12,10,8		12,10,8,8		
INCLINE DB FLYE	20,15,12,10	15,12,10,8		12,10,8,8		
STRAIGHT ARM PULLDOWN	20,15,12,10	15,12,10,8		12,10,8,8		
DECLINE DB PRESS	20,15,12,10	15,12,10,8		12,10,8,8		
LOW ROW	20,15,12,10	15,12,10,8		12,10,8,8		
LOW ONE ARM CABLE FLYE	20,15,12,10	15,12,10,8		12,10,8,8		
WIDE CABLE ROW	20,15,12,10	15,12,10,8		12,10,8,8		
CARDIO	30 MIN RUN/WALK	30 MIN RUN/WALK		30 MIN RUN/WALK		
DAY 2-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
CABLE BICEP CURL IN/OUTS	20,15,12,10	15,12,10,8		12,10,8,8		
TRICEP ROPE PRESSDOWN	20,15,12,10	15,12,10,8		12,10,8,8		
DB LATERAL RAISE	20,15,12,10	15,12,10,8		12,10,8,8		
EZ BAR CURL	20,15,12,10	15,12,10,8		12,10,8,8		
OH CABLE TRICEP EXT	20,15,12,10	15,12,10,8		12,10,8,8		
DB SHOULDER PRESS	20,15,12,10	15,12,10,8		12,10,8,8		
DB HAMMER CURLS	20,15,12,10	15,12,10,8		12,10,8,8		
DB SKULL CRUSHERS	20,15,12,10	15,12,10,8		12,10,8,8		
MILITARY PRESS BEHIND HEAD	20,15,12,10	15,12,10,8		12,10,8,8		
STRAIGHT BAR CURL	20,15,12,10	15,12,10,8		12,10,8,8		
DB FRONT RAISE	20,15,12,10	15,12,10,8		12,10,8,8		
WRIST ROLLER	3X3	3X3		3X3		
DAY 3-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
OLYMPIC SQUAT-NARROW	4X10	4X8		4X6		
PAUSE SQUAT	4X7	4X7		4X7		
LEG EXTENSION	20,15,12,10	15,12,10,8		12,10,8,8		
SPLIT SQUAT	20,15,12,10	15,12,10,8		12,10,8,8		
STANDING CALF IN/OUT/REG	20,15,12,10	15,12,10,8		12,10,8,8		
VERTICAL LEG PRESS-WIDE	20,15,12,10	15,12,10,8		12,10,8,8		
LYING HAMSTRING CURL	20,15,12,10	15,12,10,8		12,10,8,8		
HIP ABDUCTION-BAND	20,15,12,10	15,12,10,8		12,10,8,8		
CARDIO	30 MIN RUN/WALK	30 MIN RUN/WALK		30 MIN RUN/WALK		
DAY 4-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
BENTOVER SMITH BB ROWS	12,10,10,8	12,10,10,8		12,10,10,8		
BB BENCH PRESS	12,10,10,8	12,10,10,8		12,10,10,8		
INCLINE DB ROW	12,10,10,8	12,10,10,8		12,10,10,8		
INCLINE BB BENCH	12,10,10,8	12,10,10,8		12,10,10,8		
LOW ROW	12,10,10,8	12,10,10,8		12,10,10,8		
HIGH CABLE FLYE	12,10,10,8	12,10,10,8		12,10,10,8		
PUSHUPS-BURN SET	20, 20, 20	20, 20, 20		20, 20, 20		
BACK EXTENSION-BURN SET	20, 20, 20	20, 20, 20		20, 20, 20		
CARDIO	30 MIN RUN/WALK	30 MIN RUN/WALK		30 MIN RUN/WALK		
DAY 5-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
STRAIGHT BAR CURL	12,10,10,8	12,10,10,8		12,10,10,8		
EZ BAR SKULL CRUSHER	12,10,10,8	12,10,10,8		12,10,10,8		
RACK PULLS	12,10,10,8	12,10,10,8		12,10,10,8		
DB CURLS	12,10,10,8	12,10,10,8		12,10,10,8		
CABLE TRICEP EXT	12,10,10,8	12,10,10,8		12,10,10,8		
FRONT/BACK SHRUGS	12,10,10,8	12,10,10,8		12,10,10,8		
INCLINE DB CURLS	12,10,10,8	12,10,10,8		12,10,10,8		
DB TRICEP KICKBACKS	12,10,10,8	12,10,10,8		12,10,10,8		
HEX SHRUGS	12,10,10,8	12,10,10,8		12,10,10,8		
WRIST ROLLER	3X3	3X3		3X3		
DB WRIST CURLS	20, 20, 20	20, 20, 20		20, 20, 20		
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		
OLYMPIC SQUAT-NARROW	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		
VERTICAL LEG PRESS-NARROW	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	30 MIN RUN/WALK	30 MIN RUN/WALK		30 MIN RUN/WALK		

\*SUPERSET EXERCISES  
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