

INSPIRE FITNESS LIFTING PROGRAM PHASE TWO						
DAY 1-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
DB BENCH PRESS	12,10,8,8	10,8,8,6	15,12,12,10			
WIDE REVERSE GRIP LAT PULL	12,10,8,8	10,8,8,6	15,12,12,10			
INCLINE DB FLYE	12,10,8,8	10,8,8,6	15,12,12,10			
STRAIGHT ARM PULLDOWN	12,10,8,8	10,8,8,6	15,12,12,10			
DECLINE DB PRESS	12,10,8,8	10,8,8,6	15,12,12,10			
WIDE GRIP LOW ROW	12,10,8,8	10,8,8,6	15,12,12,10			
LOW ONE ARM CABLE FLYE	12,10,8,8	10,8,8,6	15,12,12,10			
WIDE CABLE ROW	12,10,8,8	10,8,8,6	15,12,12,10			
MACHINE FLYE	12,10,8,8	10,8,8,6	15,12,12,10			
BACK EXTENSION	12,10,8,8	10,8,8,6	15,12,12,10			
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	12,10,8,8	10,8,8,6	15,12,12,10			
TRICEP ROPE PRESSDOWN	12,10,8,8	10,8,8,6	15,12,12,10			
DB LATERAL RAISE	12,10,8,8	10,8,8,6	15,12,12,10			
EZ BAR CURL 7 IN/7 OUT	7,7,7,7	10,8,8,6	15,12,12,10			
OH CABLE TRICEP EXT	12,10,8,8	10,8,8,6	15,12,12,10			
DB SHOULDER PRESS	12,10,8,8	10,8,8,6	15,12,12,10			
DB HAMMER CURLS	12,10,8,8	10,8,8,6	15,12,12,10			
DB SKULL CRUSHERS	12,10,8,8	10,8,8,6	15,12,12,10			
MILITARY PRESS BEHIND HEAD	12,10,8,8	10,8,8,6	15,12,12,10			
STRAIGHT BAR CURL	12,10,8,8	10,8,8,6	15,12,12,10			
CLOSE GRIP DB BENCH	12,10,8,8	10,8,8,6	15,12,12,10			
DB FRONT RAISE	12,10,8,8	10,8,8,6	15,12,12,10			
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	10,10,10,10	8,8,8,8	6,6,6,6			
OLYMPIC SQUAT-NARROW	8,8,8,8	6,6,6,6	5,5,5,5			
PAUSE SQUAT	5,5,5,5	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 SMITH BB ROWS	12,10,8,8	10,8,8,6	15,12,12,10			
BB BENCH PRESS	12,10,8,8	10,8,8,6	15,12,12,10			
INCLINE DB ROW	12,10,8,8	10,8,8,6	15,12,12,10			
INCLINE BB BENCH	12,10,8,8	10,8,8,6	15,12,12,10			
1 ARM DB ROW	12,10,8,8	10,8,8,6	15,12,12,10			
MACHINE FLYE	12,10,8,8	10,8,8,6	15,12,12,10			
LOW ROW	12,10,8,8	10,8,8,6	15,12,12,10			
HIGH CABLE FLYE	12,10,8,8	10,8,8,6	15,12,12,10			
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	12,10,8,8	10,8,8,6	15,12,12,10			
EZ BAR SKULL CRUSHER	12,10,8,8	10,8,8,6	15,12,12,10			
UPRIGHT ROWS	12,10,8,8	10,8,8,6	15,12,12,10			
DB CURLS	12,10,8,8	10,8,8,6	15,12,12,10			
DB OH TRICEP EXT	12,10,8,8	10,8,8,6	15,12,12,10			
FRONT/BACK SHRUGS	12,10,8,8	10,8,8,6	15,12,12,10			
INCLINE DB CURLS	12,10,8,8	10,8,8,6	15,12,12,10			
DB TRICEP KICKBACKS	12,10,8,8	10,8,8,6	15,12,12,10			
BB SHOULDER PRESS-SMITH	12,10,8,8	10,8,8,6	15,12,12,10			
WRIST ROLLER	4X3	4X4	4X5			
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