

BU 4 Day Program-- PHASE 3-- Barbell

This program is designed to have 4 weeks per phase. The phases include body weight / band exercises, the use of dumbbells for the second phase and the third phase barbells. For all exercises in this phase use a barbell. Be appropriate with weight selection. You may want to perform the exercise with an empty bar first to get a feel for the technique. As you can increase your weight.

MONDAY

A-BLOCK

OH Squat

3 x 10-12 reps
Use an empty bar or dowel



MB Side to Side Taps

3 x 10-12 reps



SL RDL

3 x 10-12 reps
Each leg



B-BLOCK

Front Squat

3 x 10-12 reps



Plate Lunge Rotational (outside)

3 x 10-12 reps
Each side



Step Up

3 x 10-12 reps
each leg



C-BLOCK

Split Squat

3 x 10-12 reps
Each leg



Double Leg Crunch

3 x 10-12 reps



Glute Bar Lift

3 x 10-12 reps



TUESDAY

A-BLOCK

Bench Press

3 x 10-12 reps



SA Bent Over Row (landmine)

3 x 10-12 reps
Each arm



EZ-Bar Bicep Curl

3 x 10-12 reps



B-BLOCK

Seated Shoulder Press

3 x 10-12 reps



Supine Row

3 x 10-12 reps



Lying Tricep Extension

3 x 10-12 reps



C-BLOCK

Upright Row

3 x 10-12 reps



Reverse Grip Bent Over Row

3 x 10-12 reps



Sit-up w/ Twist

3 x 10-12 reps
per leg



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THURSDAY

FRIDAY

A-BLOCK

A-BLOCK

OH Squat

3 x 10-12 reps
Use an empty bar or dowel



Standing Shoulder Press

3 x 10-12 reps



MB Toe Touch

3 x 10-12 reps



Lat Pulldown

3 x 10-12 reps



SL Glute Lift

3 x 10-12 reps



Standing Straight Bar Bicep Curl

3 x 10-12 reps



B-BLOCK

B-BLOCK

Squat

3 x 10-12 reps



Floor Press

3 x 10-12 reps



Plate Squat w/ Rotational & Punch

3 x 10-12 reps
Each way



Bent Over Row

3 x 10-12 reps



RDL

3 x 10-12 reps



EZ-Bar Skull Crusher

3 x 10-12 reps



C-BLOCK

C-BLOCK

Pit Shark Belt Squat

3 x 10-12 reps



Standing Front Raise

3 x 10-12 reps



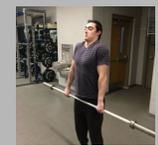
Straight Legs-Up Crunches

3 x 10-12 reps



Standing Shrug

3 x 10-12 reps



2 Legged Reverse Hyper

3 x 10-12 reps



Supine Leg Circles

3 x 10-12
Circles each way



