

## BU 4 Day Program-- PHASE 2-- Dumbbells

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. In this phase use an appropriate dumbbell as indicated. Perform the exercises in each block as a circuit.

### MONDAY

#### A-BLOCK

##### Goblet Squat

3 x 10-12 reps



##### Prone Hamstring Raise

3 x 10-12 reps  
Each leg



##### Side Glute Bridge

3 x 10-12 reps  
Each side



#### B-BLOCK

##### Bulgarian Squat

3 x 10-12 reps  
Each leg



##### KB Swing

3 x 10-12 reps



##### Supine Bent Knee Rotation

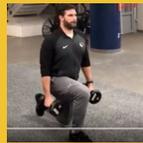
3 x 10-12 reps  
each way



#### C-BLOCK

##### Forward Lunge

3 x 10-12 reps  
Each leg



##### Short Supine Bridge

3 x 20 secs  
Each leg



##### RDL

3 x 10-12 reps



### TUESDAY

#### A-BLOCK

##### Bench Press

3 x 10-12 reps



##### SA Bent Over Row

3 x 10-12 reps  
Each arm



##### Alternating Bicep Curl

3 x 10-12 reps  
Each arm



#### B-BLOCK

##### Seated SA Alt Shoulder Press

3 x 10-12 reps  
Each arm



##### Prone Row Iso

3 x 10-12 reps  
3 second hold



##### Lying Tricep Extension

3 x 10-12 reps



#### C-BLOCK

##### Curl to Arnold Press

3 x 10-12 reps



##### Renegade Row

3 x 10-12 reps  
Row both arms  
after each  
push-up



##### Alternating V-up

3 x 10-12 reps  
per leg



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THURSDAY

FRIDAY

A-BLOCK

A-BLOCK

**Deadlift**  
3 x 10-12 reps



**Shoulder Press**  
3 x 10-12 reps



**Sit-up**  
3 x 10-12 reps



**Bent Over Row**  
3 x 10-12 reps



**Good Mornings**  
3 x 10-12 reps



**Standing Zottman Curl**  
3 x 10-12 reps  
Twist wrist on way down



B-BLOCK

B-BLOCK

**Split Squat**  
3 x 10-12 reps  
Each leg



**SA Bench Press**  
3 x 10-12 reps  
Do all reps on one arm.



**Supine Leg Thrust**  
3 x 10-12 reps



**Bent Over Reverse Fly**  
3 x 10-12 reps



**SL Contralateral RDL**  
3 x 10-12 reps  
Each leg



**JM Press**  
3 x 10-12 reps



C-BLOCK

C-BLOCK

**Walking Lunge**  
3 x 10-12 reps  
Each leg



**Floor Press**  
3 x 10-12 reps



**Crunch Reach**  
3 x 10-12 reps



**Seated Shrug**  
3 x 10-12 reps



**Supine Glute Bridge March**  
3 x 10-12 reps  
Maintain the bridge while extending your legs.



**Farmers Walk**  
3 x 30 yards



