

## Weekly Workout Schedule

| Day 1     | Day 2 | Day 3     | Day 4 | Day 5     | Day 6 | Day 7 |
|-----------|-------|-----------|-------|-----------|-------|-------|
| Workout 1 | Rest  | Workout 2 | Rest  | Workout 3 | Rest  | Rest  |

## Sets and Reps for Each Workout

| WLC  | Workout 1 |      | Workout 2 |      | Workout 3 |      |
|------|-----------|------|-----------|------|-----------|------|
| Week | Sets      | Reps | Sets      | Reps | Sets      | Reps |
| 1    | 1         | 8    | 1         | 12   | 1         | 15   |
| 2    | 2         | 15   | 2         | 15   | 2         | 15   |
| 3    | 3         | 15   | 3         | 15   | 3         | 15   |
| 4    | 1         | 12   | 1         | 12   | 1         | 12   |
| 5    | 2         | 12   | 2         | 12   | 2         | 12   |
| 6    | 3         | 12   | 3         | 12   | 3         | 12   |
| 7    | 1         | 8    | 1         | 8    | 1         | 8    |
| 8    | 2         | 8    | 2         | 8    | 2         | 8    |
| 9    | 3         | 8    | 3         | 8    | 3         | 8    |
| 10   | 1         | 5    | 1         | 5    | 1         | 5    |
| 11   | 2         | 5    | 2         | 5    | 2         | 5    |
| 12   | 3         | 5    | 3         | 5    | 3         | 5    |

## Exercises for Each Workout

| #  | Exercise                 | Muscle Group |
|----|--------------------------|--------------|
| 1  | Squats                   | Quadriceps   |
| 2  | Incline Bench Press      | Chest        |
| 3  | Romanian Deadlift        | Hamstrings   |
| 4  | Overhead Press           | Shoulders    |
| 5  | Rows                     | Back         |
| 6  | Dips                     | Triceps      |
| 7  | Pull Ups                 | Back         |
| 8  | Calf Raise               | Calves       |
| 9  | Alternate Dumbbell Curls | Biceps       |
| 10 | Pinwheel Curls           | Forearms     |

## FAQ for This Workout Program

- **Can you make exercise substitutions?**

Yes, you can make exercise substitutions but the exercises should be similar movements. For example, you could substitute lunges for squats. You could substitute cable rows for barbell rows.

You should not substitute more upper body exercises for lower body exercises or vice versa. You need to strive for a balanced body and that means working both your upper body and lower body equally. No excuses unless you truly do have injuries.

Most of the time, though, you can work around those injuries with different exercises. If you need help, go to the Questions and Answers section of the Weight Lifting Complete website. I can help you there.

- **Do you perform all sets of each exercise or do the exercises in circuit training style?**

Perform all sets of a given exercise before moving onto the next exercise.

- **What weight do you use on the second and third sets?**

Use the same weight for each set of a given exercise during any given workout. In other words, choose a weight for each workout for each exercise and stick with that weight for each set. Do not decrease the weight for the 2<sup>nd</sup> or 3<sup>rd</sup> sets of a workout.

Instead... and this is one of the secrets to the WLC Program – You will keep the weight the same and stop the second and third sets when the rep speed begins to slow. Do not go to failure on the second and third sets. The point of the second and third sets is to give your muscles an increased amount of time under tension with a given weight. This prevents overtraining and helps you build muscle and strength faster.

For the first set, you should definitely try to reach the required number of reps. You should not reach failure during the first few weeks of the program and maybe even longer than that. You do not have to go to failure to build muscle or strength.

- **What weight do you start out with and when do you increase the weight?**

The most important muscle building factor (and the WLC Program is one of the few programs that understands this point) is increasing the amount of weight you are lifting from workout to workout. If you take a look at the reps on the 'Sets and Reps for Each Workout' chart on the previous page, you will notice that the reps decrease over the course of the 12 weeks.

This is another one of the muscle building secrets of the WLC Program – Decreasing the reps allows you to make huge increases in the amount of weight you are lifting from the beginning of the program to the end of the program.

You should start out with very light weights in the beginning of this program. The first week should be easy. Before starting this program, a full one week break is required from all activity to allow your muscles to become unaccustomed to any weight load. And you should be fully recovered after a full one week break.

So start out with very light weights so you are able to increase the weight every workout or every other workout. You should never use the same weight for the same number of reps for more than 3 consecutive workouts.

For example, on Overhead Press... I would start out with only 75 pounds or so and increase to 185 pounds at the end of the 12-week program. So I increase the weight by 110 pounds from start to finish of the program. This leads to huge muscle and strength gains without going to failure on most sets.

- **How long should these workouts take and how long should you rest between sets?**

Most workouts will be under 1 hour in length. You need to move pretty fast on the workouts with 3 sets in order to finish within 1 hour. For the multiple set workouts, rest about 1 minute in between sets. Remember, you only do as many reps on the second and third sets until the rep speed slows down. You do not have to get the target number of reps on the second and third sets.

## Weightlifting Workout Log

Record Each Workout Here

| Week 1 |                     | WO1    | WO2     | WO3     |
|--------|---------------------|--------|---------|---------|
| #      | Exercise            | 8 reps | 12 reps | 15 reps |
| 1      | Squats              |        |         |         |
| 2      | Incline Bench Press |        |         |         |
| 3      | Romanian Deadlift   |        |         |         |
| 4      | Overhead Press      |        |         |         |
| 5      | Rows                |        |         |         |
| 6      | Dips                |        |         |         |
| 7      | Pull Ups            |        |         |         |
| 8      | Calf Raise          |        |         |         |
| 9      | Dumbbell Curls      |        |         |         |
| 10     | Pinwheel Curls      |        |         |         |

| Week 2 |                     | WO1 |    | WO2 |    | WO3 |    |
|--------|---------------------|-----|----|-----|----|-----|----|
| #      | Exercise            | 15  | 15 | 15  | 15 | 15  | 15 |
| 1      | Squats              |     |    |     |    |     |    |
| 2      | Incline Bench Press |     |    |     |    |     |    |
| 3      | Romanian Deadlift   |     |    |     |    |     |    |
| 4      | Overhead Press      |     |    |     |    |     |    |
| 5      | Rows                |     |    |     |    |     |    |
| 6      | Dips                |     |    |     |    |     |    |
| 7      | Pull Ups            |     |    |     |    |     |    |
| 8      | Calf Raise          |     |    |     |    |     |    |
| 9      | Dumbbell Curls      |     |    |     |    |     |    |
| 10     | Pinwheel Curls      |     |    |     |    |     |    |

| Week 3 |                     | WO1 |    |    | WO2 |    |    | WO3 |    |    |
|--------|---------------------|-----|----|----|-----|----|----|-----|----|----|
| #      | Exercise            | 15  | 15 | 15 | 15  | 15 | 15 | 15  | 15 | 15 |
| 1      | Squats              |     |    |    |     |    |    |     |    |    |
| 2      | Incline Bench Press |     |    |    |     |    |    |     |    |    |
| 3      | Romanian Deadlift   |     |    |    |     |    |    |     |    |    |
| 4      | Overhead Press      |     |    |    |     |    |    |     |    |    |
| 5      | Rows                |     |    |    |     |    |    |     |    |    |
| 6      | Dips                |     |    |    |     |    |    |     |    |    |
| 7      | Pull Ups            |     |    |    |     |    |    |     |    |    |
| 8      | Calf Raise          |     |    |    |     |    |    |     |    |    |
| 9      | Dumbbell Curls      |     |    |    |     |    |    |     |    |    |
| 10     | Pinwheel Curls      |     |    |    |     |    |    |     |    |    |

| Week 4 |                     | WO1     | WO2     | WO3     |
|--------|---------------------|---------|---------|---------|
| #      | Exercise            | 12 reps | 12 reps | 12 reps |
| 1      | Squats              |         |         |         |
| 2      | Incline Bench Press |         |         |         |
| 3      | Romanian Deadlift   |         |         |         |
| 4      | Overhead Press      |         |         |         |
| 5      | Rows                |         |         |         |
| 6      | Dips                |         |         |         |
| 7      | Pull Ups            |         |         |         |
| 8      | Calf Raise          |         |         |         |
| 9      | Dumbbell Curls      |         |         |         |
| 10     | Pinwheel Curls      |         |         |         |

| Week 5 |                     | WO1 |    | WO2 |    | WO3 |    |
|--------|---------------------|-----|----|-----|----|-----|----|
| #      | Exercise            | 12  | 12 | 12  | 12 | 12  | 12 |
| 1      | Squats              |     |    |     |    |     |    |
| 2      | Incline Bench Press |     |    |     |    |     |    |
| 3      | Romanian Deadlift   |     |    |     |    |     |    |
| 4      | Overhead Press      |     |    |     |    |     |    |
| 5      | Rows                |     |    |     |    |     |    |
| 6      | Dips                |     |    |     |    |     |    |
| 7      | Pull Ups            |     |    |     |    |     |    |
| 8      | Calf Raise          |     |    |     |    |     |    |
| 9      | Dumbbell Curls      |     |    |     |    |     |    |
| 10     | Pinwheel Curls      |     |    |     |    |     |    |

| Week 6 |                     | WO1 |    |    | WO2 |    |    | WO3 |    |    |
|--------|---------------------|-----|----|----|-----|----|----|-----|----|----|
| #      | Exercise            | 12  | 12 | 12 | 12  | 12 | 12 | 12  | 12 | 12 |
| 1      | Squats              |     |    |    |     |    |    |     |    |    |
| 2      | Incline Bench Press |     |    |    |     |    |    |     |    |    |
| 3      | Romanian Deadlift   |     |    |    |     |    |    |     |    |    |
| 4      | Overhead Press      |     |    |    |     |    |    |     |    |    |
| 5      | Rows                |     |    |    |     |    |    |     |    |    |
| 6      | Dips                |     |    |    |     |    |    |     |    |    |
| 7      | Pull Ups            |     |    |    |     |    |    |     |    |    |
| 8      | Calf Raise          |     |    |    |     |    |    |     |    |    |
| 9      | Dumbbell Curls      |     |    |    |     |    |    |     |    |    |
| 10     | Pinwheel Curls      |     |    |    |     |    |    |     |    |    |

| Week 7 |                     | WO1    | WO2    | WO3    |
|--------|---------------------|--------|--------|--------|
| #      | Exercise            | 8 reps | 8 reps | 8 reps |
| 1      | Squats              |        |        |        |
| 2      | Incline Bench Press |        |        |        |
| 3      | Romanian Deadlift   |        |        |        |
| 4      | Overhead Press      |        |        |        |
| 5      | Rows                |        |        |        |
| 6      | Dips                |        |        |        |
| 7      | Pull Ups            |        |        |        |
| 8      | Calf Raise          |        |        |        |
| 9      | Dumbbell Curls      |        |        |        |
| 10     | Pinwheel Curls      |        |        |        |

| Week 8 |                     | WO1 |   | WO2 |   | WO3 |   |
|--------|---------------------|-----|---|-----|---|-----|---|
| #      | Exercise            | 8   | 8 | 8   | 8 | 8   | 8 |
| 1      | Squats              |     |   |     |   |     |   |
| 2      | Incline Bench Press |     |   |     |   |     |   |
| 3      | Romanian Deadlift   |     |   |     |   |     |   |
| 4      | Overhead Press      |     |   |     |   |     |   |
| 5      | Rows                |     |   |     |   |     |   |
| 6      | Dips                |     |   |     |   |     |   |
| 7      | Pull Ups            |     |   |     |   |     |   |
| 8      | Calf Raise          |     |   |     |   |     |   |
| 9      | Dumbbell Curls      |     |   |     |   |     |   |
| 10     | Pinwheel Curls      |     |   |     |   |     |   |

| Week 9 |                     | WO1 |   |   | WO2 |   |   | WO3 |   |  |
|--------|---------------------|-----|---|---|-----|---|---|-----|---|--|
| #      | Exercise            | 8   | 8 | 8 | 8   | 8 | 8 | 8   | 8 |  |
| 1      | Squats              |     |   |   |     |   |   |     |   |  |
| 2      | Incline Bench Press |     |   |   |     |   |   |     |   |  |
| 3      | Romanian Deadlift   |     |   |   |     |   |   |     |   |  |
| 4      | Overhead Press      |     |   |   |     |   |   |     |   |  |
| 5      | Rows                |     |   |   |     |   |   |     |   |  |
| 6      | Dips                |     |   |   |     |   |   |     |   |  |
| 7      | Pull Ups            |     |   |   |     |   |   |     |   |  |
| 8      | Calf Raise          |     |   |   |     |   |   |     |   |  |
| 9      | Dumbbell Curls      |     |   |   |     |   |   |     |   |  |
| 10     | Pinwheel Curls      |     |   |   |     |   |   |     |   |  |

| Week 10 |                     | WO1    | WO2    | WO3    |
|---------|---------------------|--------|--------|--------|
| #       | Exercise            | 5 reps | 5 reps | 5 reps |
| 1       | Squats              |        |        |        |
| 2       | Incline Bench Press |        |        |        |
| 3       | Romanian Deadlift   |        |        |        |
| 4       | Overhead Press      |        |        |        |
| 5       | Rows                |        |        |        |
| 6       | Dips                |        |        |        |
| 7       | Pull Ups            |        |        |        |
| 8       | Calf Raise          |        |        |        |
| 9       | Dumbbell Curls      |        |        |        |
| 10      | Pinwheel Curls      |        |        |        |

| Week 11 |                     | WO1 |   | WO2 |   | WO3 |   |
|---------|---------------------|-----|---|-----|---|-----|---|
| #       | Exercise            | 5   | 5 | 5   | 5 | 5   | 5 |
| 1       | Squats              |     |   |     |   |     |   |
| 2       | Incline Bench Press |     |   |     |   |     |   |
| 3       | Romanian Deadlift   |     |   |     |   |     |   |
| 4       | Overhead Press      |     |   |     |   |     |   |
| 5       | Rows                |     |   |     |   |     |   |
| 6       | Dips                |     |   |     |   |     |   |
| 7       | Pull Ups            |     |   |     |   |     |   |
| 8       | Calf Raise          |     |   |     |   |     |   |
| 9       | Dumbbell Curls      |     |   |     |   |     |   |
| 10      | Pinwheel Curls      |     |   |     |   |     |   |

| Week 12 |                     | WO1 |   |   | WO2 |   |   | WO3 |   |  |
|---------|---------------------|-----|---|---|-----|---|---|-----|---|--|
| #       | Exercise            | 5   | 5 | 5 | 5   | 5 | 5 | 5   | 5 |  |
| 1       | Squats              |     |   |   |     |   |   |     |   |  |
| 2       | Incline Bench Press |     |   |   |     |   |   |     |   |  |
| 3       | Romanian Deadlift   |     |   |   |     |   |   |     |   |  |
| 4       | Overhead Press      |     |   |   |     |   |   |     |   |  |
| 5       | Rows                |     |   |   |     |   |   |     |   |  |
| 6       | Dips                |     |   |   |     |   |   |     |   |  |
| 7       | Pull Ups            |     |   |   |     |   |   |     |   |  |
| 8       | Calf Raise          |     |   |   |     |   |   |     |   |  |
| 9       | Dumbbell Curls      |     |   |   |     |   |   |     |   |  |
| 10      | Pinwheel Curls      |     |   |   |     |   |   |     |   |  |