



## FULTONS 12-WEEK TRAINING PROGRAM

### Starting Date:

*Weight/ reps*

#### Back & Biceps/Abs

- 1) Seated rows
- 2) Lat Pull downs
- 3) Dumbbells rows
- 4) Bent-over rows
- 5) Dumbbell curls
- 6) Hammer curls
- 7) Body crunches (v-ups)
- 8) Floor crunches
- 9) Leg raises
- 10) Barbell dead lifts
- 11) Concentration curls

#### Chest & triceps/Abs

- 1) Flat bench press
- 2) Incline bench press
- 3) Decline bench press
- 4) Dumbbells fly's
- 5) Pectoral/cable fly's
- 6) Ez-bar French press
- 7) Dumbbell kickbacks
- 8) Overhead dumbbell extensions
- 9) Rope/seated triceps pushdowns
- 10) Abs (1) 7, 8, 9

#### Legs

- 1) Leg press
- 2) Squats
- 3) Leg extensions
- 4) Dead lifts
- 5) Leg curls
- 6) Calf raises
- 7) Hack squats
- 8) Abs

This program is for 3 to 4 sets per exercise all to be done in 1 hour at the gym or home and **remember safety first**

Of course there are many more exercises to do for theses body parts and this program is geared to work first and secondary muscles for a total body work in 12 weeks. With the right diet your gains will be great and thank you for working out with **FULTONS FITNESS**