

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				TUESDAY							
A-BLOCK				A-BLOCK							
Goblet Squat 3 x 10-12 reps				Bench Press 3 x 10-12 reps				SA Bent Over Row 3 x 10-12 reps Each arm			
Prone Hamstring Raise 3 x 10-12 reps Each leg				Alternating Bicep Curl 3 x 10-12 reps Each arm				Side Glute Bridge 3 x 10-12 reps Each side			
B-BLOCK				B-BLOCK							
Bulgarian Squat 3 x 10-12 reps Each leg				Seated SA Alt Shoulder Press 3 x 10-12 reps Each arm				KB Swing 3 x 10-12 reps			
KB Swing 3 x 10-12 reps				Prone Row Iso 3 x 10-12 reps 3 second hold				Lying Tricep Extension 3 x 10-12 reps			
Supine Bent Knee Rotation 3 x 10-12 reps each way											
C-BLOCK				C-BLOCK							
Forward Lunge 3 x 10-12 reps Each leg				Curl to Arnold Press 3 x 10-12 reps				Renegade Row 3 x 10-12 reps Row both arms after each push-up			
Short Supine Bridge 3 x 20 secs Each leg				Alternating V-up 3 x 10-12 reps per leg							
RDL 3 x 10-12 reps											

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THURSDAY				FRIDAY							
A-BLOCK				A-BLOCK							
Deadlift 3 x 10-12 reps				Shoulder Press 3 x 10-12 reps				Bent Over Row 3 x 10-12 reps			
Sit-up 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.				Bent Over Reverse Fly 3 x 10-12 reps			
Supine Leg Thrust 3 x 10-12 reps				JM Press 3 x 10-12 reps				SL Contralateral RDL 3 x 10-12 reps Each leg			
C-BLOCK				C-BLOCK							
Walking Lunge 3 x 10-12 reps Each leg				Floor Press 3 x 10-12 reps				Seated Shrug 3 x 10-12 reps			
Crunch Reach 3 x 10-12 reps				Farmers Walk 3 x 30 yards							
Supine Glute Bridge March 3 x 10-12 reps Maintain the bridge while extending your legs											