**BODY FORTRESS NO-NONSENSE STRENGTH TRAINING PROGRAM FOR MEN**

### 3 DAY SPLIT

<table>
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<th>Monday</th>
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### WEEK 1

### WEEK 2

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### ABDOMINAL AND LOWER BACK EXERCISES (3 DAY & 4 DAY SPLIT) 1-2x per week

1. Abdominal Crunches
2. Reverse Crunches - Knees to Chest
3. Oblique Crunches - Opposite Arm to Opposite Knee
4. Low Back Extensions • Beginner – while lying on stomach with head down and arms extended above head, raise opposite arm and leg, lower and then switch sides • Advanced – while lying on stomach with head down and hands behind head, raise head and chest off of ground slowly and then slowly lower back towards ground

### WEEK 1

**Monday**
- Barbell Bench Press
- Incline Bench Press
- Shoulder Presses
- Dumbbell Raises to the Front
- Triceps Pushdowns
- Lying Triceps Extensions
- Chest Flies

**Wednesday**
- Leg Presses
- Dumbbell or Barbell Squats
- Hamstring Curls
- Leg Extensions
- Seated Bent-Knee Calf Raises
- Straight Leg Calf Raises (On Leg Press Machine)

**Friday**
- Seated Rows
- Lat Pulldowns (Wide Grip - Overhand)
- Bent Over Rows (Underhand Grip)
- Lat Pulldowns (Shoulder Width Grip-Underhand)
- Barbell Shrugs
- Barbell Biceps Curls
- Dumbbell Hammer Curls

### WEEK 2

**Monday**
- Barbell Bench Press
- Incline Dumbbell Bench Press
- Dumbbell Lateral Raises for Shoulders
- Bent Over Shoulder Raises (For Posterior Delt)
- Triceps Pushdowns with Ropes
- Overhead Triceps Presses
- Chest Flies

**Wednesday**
- Leg Presses
- Lunges
- Hamstring Curls
- Leg Extensions
- Seated Bent-Knee Calf Raises
- One Legged Standing calf Raises

**Friday**
- Seated Rows*
- Pullups** (Wide Grip)
- Bent Over Rows (Underhand Grip)
- Pullups (Shoulder Width Grip-Underhand)
- Dumbbell Shrugs
- Dumbbell Biceps Curls
- Reverse Biceps Curls

### Notes:
- Always consult your doctor before beginning this or any training or diet/supplement program.
- For long-term progress, we recommend to alternate the intensity of your workouts every two weeks from high intensity to moderate intensity. After two weeks of high intensity training, decrease the amount of weight you are using to 75-85% of your high intensity workload for one week. For example, if you train with 220 pounds on the bench press during your high-intensity weeks, drop the weight to 150 – 170 pounds on your moderate-intensity week. This will help prevent overtraining and injury, and help your body recover from training so you can come back stronger. You can shorten the rest periods in between sets during your moderate-intensity training because you will be able to recover quicker.
- All exercises should be performed with 3 sets of 8-10 repetitions. Once you can handle 10 reps comfortably, slightly increase the weight.
- Please consult with a staff member of your gym if you are unfamiliar with any of the exercises.