

(Select one exercise group from each column, sets should be in the 6-15 rep range for standard weeks)

Column A

Legs - 2 exercises x 3-4 sets each

Leverage Squats
Squats (Dumbbell, Barbell)
Lunges (Standard or Back-Stepping)
Lunge Walks
Leg Curls
Leg Extensions

Back - 3 exercises x 3 sets or 2 exercises x 4 sets

Low Pulley Rows (close or mid-grip)
Lat Pulldowns (mid or wide-grip)
Dumbbell Rows
Bent-Over Rows (Barbell or Dumbbell)
Dumbbell Rear Lateral Raises
Pull-Ups

Biceps - 2 exercises x 3 sets or 3 exercises x 2 sets

Dumbbell Curls
Barbell Curls
Hammer Curls
Preacher Curls

Low Back - 1 exercise x 5 sets or 2 exercises x 2 sets

Deadlifts
Hyperextensions (on machine or ball)

Compound Movements - 1 exercises x 2-3 sets

Kettlebell Swings
Power Cleans
Dumbbell Snatches

(careful - these are more ballistic - choose weight wisely)

Column B

Chest - 3 exercises x 2 sets or 2 exercises x 3 sets

Bench Press
Incline Bench Press (Dumbbell or Barbell)
Dumbbell Bench Presses
Dumbbell Flyes
Push-Ups

Shoulders - 2 exercises x 3 sets or 3 exercises x 2 sets

Military Presses (Dumbbell or Barbell)
Dumbbell Front Raises (alternating)
Dumbbell Laterals
Arnold Presses
Upright Rows
Shrugs (Dumbbell or Barbell)

Triceps - 2 exercises x 3 sets or 3 exercises x 2 sets

French Presses (Dumbbell or EZ-Curl Barbell)
Bench Dips (feet on floor or Step)
Close-Grip Bench Press (Barbell)
Close-Grip Push-Ups (elbows close to body)
Tricep Pressdowns
Reverse-Grip One-Arm Tri. Pressdowns

Calves - 2 exercises x 2-3 sets

Standing Calf Raises (with or without weight)
Seated Calf Raises
One-Legged Calf Raises (with or without weight)
Jump-Rope (sets of 50-100 reps)

Abdominal Training - perform ab training at least 2 days out of the week - different routine each time

Routine 1: Jim's Unforgettable Abs - 3 sets of Reverse Crunches followed by 3 sets of Frog Kicks followed by 3 sets of crunches (weight optional). Rest no more than 15 seconds between sets if at all possible.

Routine 2: Jim's Ultimate Deadly Abs - Perform a superset between Hanging Knee Raises, Reverse Crunches, Frog Kicks and Crunches - perform the whole superset twice after 1-3 minutes of rest.

Routine 3: Jim's Ultimate Vicious Abs - Superset Hovers (holding as long as possible) with reverse crunches on the ground and then crunches. Rest for 1-2 minutes and repeat.