

The Andrew Workout
Focus: Strength Improvement

	Week 1	Week 2	Week 3	Week 4	Week 5
Monday					
<i>Chest/Tri</i>					
Bench Press					
Dips					
Incline Press					
Skull Crushers					
Flys					
Tuesday					
<i>Back/Biceps</i>					
Chin Ups					
Concentration Curls					
Rowing					
Preacher Curls					
Regular Kill Curls					
Thursday					
<i>Shoulders</i>					
Military Press					
Lateral Raises					
Shrugs					
Pull Downs					
Rear Delts					
Friday					
<i>Legs</i>					
Squats					
Dead Lift					
Leg Press					
Leg Extension					
Leg Lifts					
Calf Raises					

How to use this chart:

Use each column to record weight used
Increase weight when you can complete the excersize.

Goal:

Increase general strenth. Collateral improvements in Pull-Up and Crunches on a PFT.
3 Sets of 8 Reps for each workout.
If you can complete the goal for any given workout, increase weight for the next week.
Second set should always be a challenge, 3rd set almost impossible to complete.
This chart assumes a Division Run on Wednesdays (3-5 mile run or 45 min cardio).