

RMST Weight Training

- 1 Warm Up 30 Situps}  
20 Pushups} x 2  
10 Jumps}
- 2 Shoulders Standing Laterals 12 Thumb up}  
12 Palm Down} x 2  
12 Thumb Down}
- 3 Upper Body A Bench Press or DB Press  
Dips  
Tricep Press or Bench Dips
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- 4 Upper Body B Sitting or Kneeling Rows  
Lat Pull Down  
Bar, DB, or Preacher Curls  
Chinups
- 5 Legs Hip Sled or Leg Press  
Leg Extensions  
Leg Curls  
Calf Raises

All exercises 3 sets except 1, 2  
All exercises to failure except 1, 2, Dips, and Chins

Period 1	Period 2	Period 3
4 sessions at 15 reps	4 sessions at 12 reps	3 sessions descending reps increasing weight 12 reps 9 reps 6 reps