



WEIGHT PROGRESSION

Don't forget to keep track of how much weight you lift—this will push you to lift more and keep seeing progress week-by-week.

		WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6			WEEK 7			WEEK 8		
		SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3
CHEST	Flat Bench Press																								
	Flat Bench Fly																								
	Flat Bench Rotating Press																								
	Flat Bench Neutral Press																								
	Incline Bench Press																								
	Incline Bench Fly																								
	Incline Bench Rotating Press																								
	Incline Bench Neutral Press																								
BACK	Bent Over Row																								
	Flat Bench Single Row (R&L)																								
	Incline Bench Supinated Single Row (R&L)																								
	Reverse Fly (seated or standing)																								
	Wide Raise (seated or standing)																								
	Flat Bench Pullover																								
SHOULDERS	Seated Overhead Press																								
	Seated Arm Opener																								
	Seated Lateral Raise																								
	Standing High Row																								
	Standing Upright Row																								
	Seated Front Raise																								
	Seated Reverse Raise																								
	Seated Trap Rotation																								
	Standing Trap Opener																								

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.

© 2022 Beachbody, LLC. All rights reserved. Beachbody, LLC is the owner of the LIIFT MORE, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. All other trademarks are the property of their respective owners. Have questions? Contact your Coach for support or go to BeachbodySupport.com for more information.



[illegible]