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WORKOUTS



Top-Notch Workouts
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Superior Physiques

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WLC Level 4.2 Dumbbell 2-Way 10-Set Low Recovery Split Training Program

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Workout A 1. Slight Incline DB Bench Press, 2x6-12 reps 2. Single Arm Overhead Press, 2x6-12 reps 3. Dumbbell Kickbacks, 2x6-12 reps 4. Single Arm Dumbbell Row, 2x6-12 reps 5. Dumbbell Deadlifts, 2x6-12 reps	Off	Off	Off	Workout B 1. Alternate DB Curls, 2x6-12 reps 2. Pinwheel Curls, 2x6-12 reps 3. Single Leg DB Calf Raise, 2x6-12 reps 4. DB Stiff Legged Deadlift, 2x6-12 reps 5. Goblet Squats, 2x6-12 reps	Off	Off
Repeat Schedule							

Explanation of Program: This is a great program for people who are currently playing sports in season or any similar situation. This might be the only type of program your body can handle if you have bad genetics or you are at a stressful point in your life. This program doesn't require much from your body in terms of recovery. If you've always had trouble recovering from weight training workouts and making progress, give this program a shot.

Starting Weights: Use the first week to find the correct starting weights for each exercise. To do so, start with light weights for the first workouts and increase each set until rep speed begins to slow down during end of rep range. Continue increasing the weight on each exercise during the first workouts to find the correct weight. Rep speed should begin to slow down on 10th to 12th rep. This will be your starting weight for each exercise.

Plan of Progression: Increase weight by 2.5% once you reach the top end of a rep range on any set of that exercise. For example, if you get 11 or 12 reps on an exercise for one of the sets, increase the weight by 2.5% for the next workout. If you exceed the rep range, definitely increase the weight for the next workout. It's fine to exceed the rep range. That's actually a good sign that you are making great progress.

Stalling and What to Do: If you begin stalling on any one exercise, simply decrease the weight by 10% and begin increasing again by 5% each workout. It will take you 3 weeks to get back to where you were, but you will pass your previous weights in the fourth workout after the reset.

When to Stop this Program: Once you begin stalling on most exercises, it's time to stop the program. If you haven't made any progress in weight or reps in 3 consecutive workouts, you can consider this stalling. Once most exercises begin stalling, terminate the program. You can reset certain exercises as many times as needed by decreasing weight by 5 to 10% and continue increasing from there. Once you are starting to feel run down and lack motivation, it's time for a break.

Intensity Level: Intensity level for this program is low and should stay low throughout this program. You must stop each set a rep or two short of failure. Don't go to failure on any sets.

Other Details: Remember, this is a great program for anyone who is currently playing sports in season. This program will help you continue lifting weights and making progress while doing well in the sport you are playing. This is possible because it doesn't require as much from your body to recover from these workouts. Older trainers might give this program a try too as some older trainers have less than ideal recovery levels.

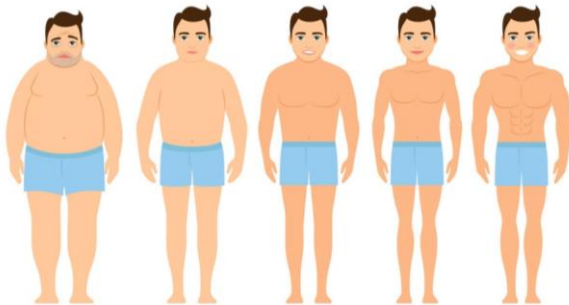
Learning the Exercises: You can find out how to do all of the exercises from the following page on the Weight Lifting Complete website: [Weight Lifting Routines](#).

WLC System Starter Programs: All of these workouts were designed to be used with the WLC System. If you don't yet have a copy of this manual, you can get one for free right here: [Get Your Copy of the WLC System](#). In order to learn how the WLC System works, I have starter programs that tell you what to do step by step with weight lifting programs (equipment is required). See more details for [men](#) or for [women](#) (read the page so you understand how the WLC System works).

Warming-Up: You need to warm-up properly for this workout. All details for warming up properly are within the WLC System so make sure you've went over EVERYTHING in the WLC System Manual before starting any weight lifting workouts here at WLC. Warming up is a vital part of your weight lifting workout. You will be able to make faster progress by lifting heavier weights.

Questions or Help: You can contact me ANY TIME you need something. Members of Weight Lifting Complete get top priority due to high demand so please get your [free membership](#). I am more than glad to help with anything you need. Email me or leave a comment on any page of the website. Here's my email address: josh@weight-lifting-complete.com – I wish you the absolute best in everything you do. Always remember as you go through these workouts that YOU have strength and power within you that you could never imagine. You can do this.

Men Start Here (Access to the Full WLC System Package):



[Men Click Here for a Final Solution to a Muscular and Ripped Body](#)

Women Start Here (Access to the Full WLC System Package):



[Women Click Here for a Final Solution to a Toned and Sexy Body](#)

Printable Workout Logs

Workout A		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Slight Incline Dumbbell Press	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:
2	Single Arm Overhead Press	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:
3	Dumbbell Kickbacks	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:
4	Single Arm Dumbbell Row	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:
5	Dumbbell Deadlifts	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:

Workout B		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Alternate Dumbbell Curls	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:
2	Pinwheel Curls	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:
3	Single Leg Calf Raise	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:
4	DB Stiff Legged Deadlift	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:
5	Goblet Squats	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2:	Set 1: Set 2: