

WEIGHT TRAINING PROGRAM

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1/ WEIGHT TRAINING OBJECTIVES

ATTACHED ARE A SET OF THREE WEIGHT TRAINING PROGRAMS FOR CLUB MEMBERS TO TRY DURING THE OFF SEASON. THEY ARE PROGRESSIVE WORKOUTS ARRANGED AS BEGINNER, INTERMEDIATE AND ADVANCED. THESE WORKOUTS ARE ENTIRELY OPTIONAL AND SHOULD ONLY REQUIRE ABOUT AN HOUR A PIECE TO COMPLETE. IF YOU HAVE ANY MEDICAL CONDITIONS OR SORENESS TALK TO YOUR DOCTOR BEFORE ATTEMPTING THIS OR ANY OTHER WORKOUT PROGRAM.

THE BEGINNER PROGRAM HAS BEEN SET UP FOR PEOPLE WHO HAVE NEVER LIFTED WEIGHTS BEFORE OR PEOPLE WHO HAVE NOT LIFTED WEIGHTS FOR A WHILE. IT IS A THREE DAY A WEEK PROGRAM THAT CAN, FOR THE MOST PART, BE COMPLETED AT HOME WITH A CHEAP PAIR OF WEIGHTED DUMBBELLS. THIS WORKOUT IS A FULL BODY WORKOUT AND SHOULD TAKE NO MORE THAN 40 – 45 MINS TO COMPLETE. THIS WORKOUT CAN SUSTAIN A PERSONS WEIGHT TRAINING NEEDS FOR THE ENTIRE OFF SEASON AS LONG AS THE EXERCISES ARE CHANGED UP ABOUT EVERY 6 WEEKS.

THE INTERMEDIATE PROGRAM IS A LITTLE TOUGHER THAN THE BEGINNER PROGRAM AND IS BROKEN UP INTO TWO SEPARATE WORKOUTS (THIS IS CALLED A SPLIT ROUTINE). THE FIRST WORKOUT FOCUSES ON THE MAJOR UPPERBODY MUSCLE GROUPS – CHEST, BACK, SHOULDERS AND ABS. THE SECOND WORKOUT FOCUSES ON THE MINOR UPPERBODY MUSCLES – BICEPS AND TRICEPS, AND PRIMARILY FOCUSES ON THE LOWERBODY MUSCLES GROUPS – QUADS, HAMSTRINGS AND CALVES. ABDOMINALS ARE ALSO WORKED AGAIN. THIS WORKOUT SHOULD BE PREFORMED AT A GYM BECAUSE OF THE EQUIPMENT REQUIRED TO COMPLETE IT, HOWEVER, WITH A FEW EXERCISE SUBSTITUTIONS, THE WORKOUT COULD BE COMPLETED AT HOME WITH A SET OF DUMBBELLS, BARBELLS AND A WORKOUT BENCH. THIS WORKOUT SHOULD TAKE LESS THAN 1 HOUR TO COMPLETE.

THE ADVANCED ROUTINE IS VERY SIMILAR IN STRUCTURE TO THE INTERMEDIATE PROGRAM EXCEPT THAT IT IS FOUR DAYS A WEEK AS OPPOSED TO THREE. THIS WORKOUT IS SUITABLE FOR PEOPLE WHO ARE ALREADY ON A WEIGHT TRAINING PROGRAM AND WISH TO TRY SOMETHING DIFFERENT OR FOR PEOPLE WHO HAVE ADVANCED THRU THE BEGINNER AND INTERMEDIATE PROGRAMS. DO NOT START WITH THE ADVANCED PROGRAM – YOU WILL BE SORE !!! THIS PROGRAM SHOULD TAKE A LITTLE MORE THAN AN HOUR TO COMPLETE AND SHOULD BE DONE IN A GYM.

REMEMBER, THESE WORKOUTS ARE OPTIONAL AND ARE NOT NECESSARILY DEVOTED STRICTLY TO DRAGONBOATING. THERE ARE A FEW DRAGONBOAT SPECIFIC EXERCISES INCLUDED IN THE PROGRAMS BUT THE PRIMARY FOCUS IS TO RAISE ALL OVER BODY CONDITIONING AND HELP TO DIMINISH MUSCLE INBALANCES THAT HAVE OCCURRED

FROM PADDLING ON ONLY ONE SIDE. THERE ARE SOME SHOULDER EXERCISES INCLUDED IN THE ATTACHED PAPERS THAT SHOW INJURY PREVENTITIVE EXERCISES FOR THE SHOULDER CUFF. IF YOU ARE HAVING SHOULDER PROBLEMS IT IS RECOMMENDED THAT YOU PREFORM THESE EXERCISES IN ADDITION TO THE WEIGHT TRAINING PROGRAMS. THERE IS SOME NUTRITIONAL INFORMATION INCLUDED AS WELL BECAUSE IN ORDER TO SUSTAIN YOU GIANS FROM WEIGHT TRAINING YOU MUST MAINTIAN A HEALTHY DIET.

IT IS ALSO IMPORTANT TO REMEMBER THAT THESE WORKOUTS ARE JUST A GUIDELINE. ULTIMATELY YOU HAVE TO FIND WHAT EXERCISES WORK WELL FOR YOU. MIX UP YOUR ROUTINE AFTER SIX WEEKS BY SUBSTITUTING DIFFERENT EXCERSISES FOR EACH BODY PART. DON'T BE AFRAID TO TRY NEW THINGS – IT WILL KEEP YOUR WORKOUTS INTERESTING AND KEEP YOU MOTIVATED. GOOD LUCK, HAVE FUN AND STICK WITH IT, BECAUSE THIS ***WILL*** IMPROVE YOUR PADDLING FOR NEXT YEAR!!!!!!

2/ BEGINNER PROGRAM - 3 days per week

DAY	1	2	3	4	5	6	7
	EXERCISE	REST	EXERCISE	REST	EXERCISE	REST	REST

START WORKOUT WITH 5 MINS OF LIGHT CARDIO WORK THEN DO STRETCHING

BODY PART	EXERCISE	REPS	# OF SETS
CHEST	FLAT DUMBBELL PRESS	8 TO 12	2 OR 3
BACK	1 ARM DUMBBELL ROW	8 TO 12	2 OR 3
SHOULDERS	DUMBBELL SHRUG	8 TO 12	2 OR 3
	DUMBBELL OVERHEAD PRESS	8 TO 12	2 OR 3
BICEPS	ALTERNATING STANDING DUMBBELL CURL	8 TO 12	2 OR 3
TRICEPS	DUMBBELL KICKBACK	8 TO 12	2 OR 3
LEGS	DUMBBELL LUNGE	8 TO 12	2 OR 3
	LEG CURL	8 TO 12	2 OR 3
	CALF RAISE	15 TO 20	2 OR 3
LOWER BACK	BACK EXTENSION	8 TO 12	2 OR 3
ABS	CRUNCH	20 TO 30	2 OR 3

STRETCH AFTER COMPLETING WEIGHTS

START WITH 2 SETS OF EACH EXERCISE FOR 2 WEEKS THEN IF COMFORTABLE GO TO 3 SETS PER EXERCISE

PICK WEIGHTS THAT ARE APPROXIMATELY 50 - 60% OF YOUR ESTIMATED 1 REP MAX WEIGHT (THE WEIGHT AT WHICH YOU COULD ONLY PERFORM 1 REPETITION OF AN EXERCISE)

ADD 5 POUNDS TO AN EXERCISE WHEN 3 SETS OF 12 REPS IS POSSIBLE

TIME BETWEEN SETS SHOULD BE NO MORE THAN 1 - 1 1/2 MINS

TOTAL WORKOUT SHOULD TAKE NO MORE THAN 40 MINS - 20 MINS OF CARDIO CAN BE DONE AFTER WEIGHTS

NEVER DO WORKOUT ON BACK TO BACK DAYS

STAY ON THIS PROGRAM FOR 6 - 8 WEEKS THEN MOVE TO INTERMEDIATE IF COMFORTABLE

3/ INTERMEDIATE PROGRAM - 3 days per week

DAY	1	2	3	4	5	6	7
WEEK 1	WO 1	REST	WO 2	REST	WO 1	REST	REST
WEEK 2	WO 2	REST	WO 1	REST	WO 2	REST	REST
WEEK 3	WO 1	REST	WO 2	REST	WO 1	REST	REST
WEEK 4	WO 2	REST	WO 1	REST	WO 2	REST	REST

DO 5 MINS OF CARDIO AND STRETCH BEFORE WEIGHT TRAINING

WORKOUT #1

BODY PART	EXERCISE	REPS	# OF SETS
CHEST	INCLINE DUMBBELL PRESS	8 TO 12	2 OR 3
	FLAT DUMBBELL FLYES	8 TO 12	2 OR 3
BACK	BENCH ROW	8 TO 12	2 OR 3
	WIDE GRIP FRONT PULL DOWNS	8 TO 12	2 OR 3
	BACK EXTENSIONS	8 TO 12	2 OR 3
SHOULDERS	DUMBBELL OVERHEAD PRESS	8 TO 12	2 OR 3
	UPRIGHT ROW	8 TO 12	2 OR 3
	BENT OVER LATERAL DUMBBELL RAISE	8 TO 12	2 OR 3
ABS	CRUNCH	20 TO 30	2 OR 3
	OBLIQUE CRUNCH	20 TO 30	2 OR 3

WORKOUT #2

BODY PART	EXERCISE	REPS	# OF SETS
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BICEPS	BARBELL CURL OR PREACHER CURL	8 TO 12	2 OR 3
	REVERSE CURL	8 TO 12	2 OR 3
TRICEPS	CABLE PRESS DOWN	8 TO 12	2 OR 3
	DUMBBELL OVERHEAD EXTENSION	8 TO 12	2 OR 3
LEGS	LEG PRESS OR SQUAT	8 TO 12	2 OR 3
	ROMANIAN DEAD LIFT	8 TO 12	2 OR 3
	CALF RAISES	15 TO 20	2 OR 3
ABS	CRUNCH	20 TO 30	2 OR 3
	OBLIQUE CRUNCH	20 TO 30	2 OR 3

STRETCH AFTER DOING WEIGHTS

REST BETWEEN SETS SHOULD BE NO MORE THAN 1 - 1 1/2 MINS

ADD 5 POUNDS TO AND EXERCISE WHEN 3 SETS OF 12 REPS IS POSSIBLE

NEVER DO SAME WORKOUT ON BACK TO BACK DAYS

4/ ADVANCED PROGRAM - 3 days per week

DAY	1	2	3	4	5	6	7
	WO 1	WO 2	REST	WO 1	WO2	REST	REST

DO 5 MINS OF CARDIO AND STRETCH BEFORE WEIGHT TRAINING

WORKOUT #1

BODY PART	EXERCISE	REPS	# OF SETS
CHEST	FLAT BARBELL PRESS	8 TO 12	2 OR 3
	INCLINE DUMBBELL FLYES	8 TO 12	2 OR 3
BACK	ONE ARM CABLE ROW	8 TO 12	2 OR 3
	CLOSE GRIP CHIN-UPS	8 TO 12	2 OR 3
	BACK EXTEN OR STRAIGHT ARM PULL DOWNS	8 TO 12	2 OR 3
SHOULDERS	DUMBBELL OVERHEAD PRESS	8 TO 12	2 OR 3
	UPRIGHT ROW OR SHRUGS	8 TO 12	2 OR 3
	SHOULDER CIRCUIT**	8 TO 12	2 OR 3
ABS	CRUNCH	20 TO 30	2 OR 3
	OBLIQUE CRUNCH	20 TO 30	2 OR 3

WORKOUT #2

BODY PART	EXERCISE	REPS	# OF SETS
BICEPS	CABLE CURL OR PREACHER CABLE CURL	8 TO 12	2 OR 3
	HAMMER CURL	8 TO 12	2 OR 3
TRICEPS	LYING FRENCH PRESS	8 TO 12	2 OR 3
	ROPE PULL DOWN	8 TO 12	2 OR 3
LEGS	LEG PRESS OR SQUAT	8 TO 12	2 OR 3
	ROMANIAN DEAD LIFT OR LEG CURL	8 TO 12	2 OR 3
	CALF RAISES	15 TO 20	2 OR 3
ABS	CRUNCH	20 TO 30	2 OR 3
	OBLIQUE CRUNCH	20 TO 30	2 OR 3

** SHOULDER CIRCUIT - A CONTINUOUS SET OF 10 FRONT RAISES FOLLOWED BY 10 SIDE RAISES FOLLOWED BY 10 BENT OVER LATERAL RAISES USING SAME WEIGHT

STRETCH AFTER DOING WEIGHTS

REST BETWEEN SETS SHOULD BE NO MORE THAN 1 - 1 1/2 MINS

ADD 5 POUNDS TO AN EXERCISE WHEN 3 SETS OF 12 REPS IS POSSIBLE

NEVER DO SAME WORKOUT ON BACK TO BACK DAYS