

Table 4.2 Load Calculations for Women

Exercise	BW	Factor	Trial load*	Repetitions completed	Adj.	Training load*
Chest						
Bench press	___	× 0.35 =	___	___	___	___
Pec deck	___	× 0.27 =	___	___	___	___
Chest press	___	× 0.27 =	___	___	___	___
Back						
Bent-over row	___	× 0.35 =	___	___	___	___
Pullover	___	× 0.20 =	___	___	___	___
Seated row	___	× 0.20 =	___	___	___	___
Low-pulley row	___	× 0.25 =	___	___	___	___
Shoulders						
Standing press	___	× 0.22 =	___	___	___	___
Shoulder press	___	× 0.20 =	___	___	___	___
Biceps						
Biceps curl	___	× 0.23 =	___	___	___	___
Low-pulley curl	___	× 0.15 =	___	___	___	___
Preacher curl	___	× 0.12 =	___	___	___	___
Triceps						
Lying triceps extension	___	× 0.12 =	___	___	___	___
Triceps extension	___	× 0.13 =	___	___	___	___
Triceps pushdown	___	× 0.19 =	___	___	___	___
Legs						
Leg press	___	× 1.0 =	___	___	___	___
Lunge (DB)	5 pounds (~2.5 kg) each hand					
Core						
Abdominal crunch	___	× 0.20 =	___	___	___	___

From *Fitness Weight Training, 3rd edition* by Thomas R. Baechle and Roger W. Earle, 2014, Champaign, IL: Human Kinetics. The calculated trial load is designed to allow 12 to 15 repetitions. BW = body weight. DB = dumbbells. Remember to use a maximum body weight of 140 pounds (64 kg) for women. Consult chapter 6 for descriptions of proper exercise technique.

* Round down the nearest 5-pound (or 2.5 kg if you are using plates in kilograms) increment, or if you chose a machine exercise, select the closest (lighter) weight stack plate.

- Record your body weight in the blank in the column labeled “BW” next to the “Factor” column. *Important:* Men weighing 175 pounds (79 kg) or more and women weighing 140 pounds (64 kg) or more should record 175 (79 kg) and 140 (64 kg), respectively, for their body weight in the “BW” column—not their actual body weight.

Table 4.3 Load Calculations for Men

Exercise	BW	Factor	Trial load*	Repetitions completed	Adj.	Training load*
Chest						
Bench press	___	× 0.60 =	___	___	___	___
Pec deck	___	× 0.55 =	___	___	___	___
Chest press	___	× 0.55 =	___	___	___	___
Back						
Bent-over row	___	× 0.45 =	___	___	___	___
Pullover	___	× 0.40 =	___	___	___	___
Seated row	___	× 0.40 =	___	___	___	___
Low-pulley row	___	× 0.45 =	___	___	___	___
Shoulders						
Standing press	___	× 0.38 =	___	___	___	___
Shoulder press	___	× 0.35 =	___	___	___	___
Biceps						
Biceps curl	___	× 0.30 =	___	___	___	___
Low-pulley curl	___	× 0.25 =	___	___	___	___
Preacher curl	___	× 0.20 =	___	___	___	___
Triceps						
Lying triceps extension	___	× 0.21 =	___	___	___	___
Triceps extension	___	× 0.35 =	___	___	___	___
Triceps pushdown	___	× 0.32 =	___	___	___	___
Legs						
Leg press	___	× 1.3 =	___	___	___	___
Lunge (DB)	10 pounds (~5 kg) each hand					
Core						
Abdominal crunch	___	× 0.20 =	___	___	___	___

From *Fitness Weight Training*, 3rd edition by Thomas R. Baechle and Roger W. Earle, 2014, Champaign, IL: Human Kinetics.

The calculated trial load is designed to allow 12 to 15 repetitions. BW = body weight. DB = dumbbells. Remember to use a maximum body weight of 175 pounds (79 kg) for men. Consult chapter 6 for descriptions of proper exercise technique.

* Round down the nearest 5-pound (or 2.5 kg if you are using plates in kilograms) increment, or if you chose a machine exercise, select the closest (lighter) weight stack plate.

- To determine the trial load, multiply your body weight by the factor. The load is called a *trial load* because you are trying it out to see whether it will result in the required number of repetitions.
- Round off the trial load to the nearest 5-pound (or 2.5 kg if you are using plates in kilograms) increment (by rounding down), or if you choose a machine exercise, select the closest weight stack plate (again, by rounding down).

Appendix A

Workout Charts for Weight Training Programs

Two-Day-Per-Week Weight Training Program

Zone:				Day 1			Day 2			
Week #:		Workout #:		Date						
#	Exercises	Sets/ Reps	Set #	1	2	3	1	2	3	
1			Load							
			Reps							
2			Load							
			Reps							
3			Load							
			Reps							
4			Load							
			Reps							
5			Load							
			Reps							
6			Load							
			Reps							
7			Load							
			Reps							

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Three-Day-Per-Week Weight Training Program

Zone:				Day 1				Day 2				Day 3				
Week #:		Workout #:		Date												
#	Exercises	Sets/ Reps	Set #	1	2	3	4	1	2	3	4	1	2	3	4	
1			Load													
			Reps													
2			Load													
			Reps													
3			Load													
			Reps													
4			Load													
			Reps													
5			Load													
			Reps													
6			Load													
			Reps													
7			Load													
			Reps													
8			Load													
			Reps													
9			Load													
			Reps													
10			Load													
			Reps													
11			Load													
			Reps													
12			Load													
			Reps													
13			Load													
			Reps													

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Four-Day-Per-Week Weight Training Program

Zone:				Day 1				Day 3				
Workout #:		Week #:		Date								
#	Upper-Body	Sets/ Reps	Set #	1	2	3	4	1	2	3	4	
1			Load									
			Reps									
2			Load									
			Reps									
3			Load									
			Reps									
4			Load									
			Reps									
5			Load									
			Reps									
6			Load									
			Reps									
7			Load									
			Reps									
8			Load									
			Reps									
9			Load									
			Reps									
10			Load									
			Reps									

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Zone:				Day 2				Day 4			
Workout #:		Week #:	Date								
#	Lower-Body	Sets/ Reps	Set #	1	2	3	4	1	2	3	4
1			Load								
			Reps								
2			Load								
			Reps								
3			Load								
			Reps								
4			Load								
			Reps								
5			Load								
			Reps								
6			Load								
			Reps								
7			Load								
			Reps								
8			Load								
			Reps								
9			Load								
			Reps								
10			Load								
			Reps								

From *Fitness Weight Training, 3rd edition* by Thomas R. Baechle and Roger W. Earle, 2014, Champaign, IL: Human Kinetics.

Three-Day-Per-Week Cross-Training Program

Zone:				Day 1				Day 2				Day 3				
Week #:		Workout #:		Date												
#	Exercises	Sets/ Reps	Set #	1	2	3	4	1	2	3	4	1	2	3	4	
1			Load													
			Reps													
2			Load													
			Reps													
3			Load													
			Reps													
4			Load													
			Reps													
5			Load													
			Reps													
6			Load													
			Reps													
7			Load													
			Reps													
8			Load													
			Reps													
9			Load													
			Reps													
10			Load													
			Reps													
11			Load													
			Reps													
12			Load													
			Reps													
13			Load													
			Reps													
Date of aerobic exercise workout																
Type of aerobic exercise																
Duration of aerobic exercise																
THR range																
Actual THR																

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Four-Day-Per-Week Cross-Training Program

Zone:				Day 1				Day 3			
Workout #:	Week #:	Date									
#	Upper-Body	Sets/ Reps	Set #	1	2	3	4	1	2	3	4
1			Load								
			Reps								
2			Load								
			Reps								
3			Load								
			Reps								
4			Load								
			Reps								
5			Load								
			Reps								
6			Load								
			Reps								
7			Load								
			Reps								
8			Load								
			Reps								
9			Load								
			Reps								
10			Load								
			Reps								
Date of aerobic exercise workout											
Type of aerobic exercise											
Duration of aerobic exercise											
THR range											
Actual THR											

Zone:				Day 2				Day 4				
Workout #:		Week #:		Date								
#	Lower-Body	Sets/ Reps	Set #	1	2	3	4	1	2	3	4	
1			Load									
			Reps									
2			Load									
			Reps									
3			Load									
			Reps									
4			Load									
			Reps									
5			Load									
			Reps									
6			Load									
			Reps									
7			Load									
			Reps									
8			Load									
			Reps									
9			Load									
			Reps									
10			Load									
			Reps									
Date of aerobic exercise workout												
Type of aerobic exercise												
Duration of aerobic exercise												
THR range												
Actual THR												

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