

## Alpha 6 Week Lifting Program

### Helpful Suggestions:

- This program is designed for those who are new to lifting or for those who need help organizing their workouts. The most important key to weight training is consistency. This program was developed to help create consistency and learn the basics of weight training.
- Stretch and warm up your muscles before starting working sets. Warm up sets use lighter weights but continue using good form.
- Each lift has 3 single lifts and 1 superset. Choose a heavy weight for the 3 single lifts. The 3 single lifts should be challenging but still use good form.
- Supersets are 2 lifts paired together. Supersets typically use a moderate weight as there is no rest time between the 2 paired lifts. Allow adequate rest between superset sets.
- If you are new to lifting or learning good form, choose a lighter weight until confidence is gained with each lift.
- Track workouts on paper or using an online app. It will help you remember weights and track progress.
- Substitutions and modifications.
  - If a lift is painful, use modifications or substitute a different exercise. Lifting should be hard but not painful.
  - The method of doing an exercise can be changed. Barbells, dumbbells, and machines can be substituted to do each lift.

## Alphas Lifting Program 1

**Schedule** - 2 full body lifts per week. Allow at least 1 day of rest between lifts.

Week 1	P1:L1	P1:L2
Week 2	P1:L3	P1:L1
Week 3	P1:L4	P1:L3
Week 4	P1:L5	P1:L4
Week 5	P1:L6	P1:L5
Week 6	P1:L7	P1:L6

### Alphas P1:L1

Squat (barbell) x 10 reps  
Perform 3 rounds. Allow adequate rest between rounds.

Chin Up x AMRAP (as many reps as possible)  
Perform 3 rounds. Allow adequate rest between rounds.

Lunges (dumbbell) x 10 reps per leg  
Perform 3 rounds. Allow adequate rest between rounds.

Superset: Bicep Curl (dumbbell) x 10 reps  
Hamstring Curl (machine) x 10 reps  
Perform 3 rounds. Allow adequate rest between rounds.

### Alphas P1:L2

Bench Press (barbell) x 8 reps  
Perform 3 rounds. Allow adequate rest between rounds.

Leg Press (machine) x 8  
Perform 3 rounds. Allow adequate rest between rounds.

Bent Over Row (dumbbell) x 10 reps per arm  
Perform 3 rounds. Allow adequate rest between rounds.

Superset: Leg Extension Machine x 10 reps  
Tricep Extension (machine) x 10 reps  
Perform 3 rounds. Allow adequate rest between rounds.

### **Alphas P1:L3**

Hip Thrust (barbell) x 10 reps  
Perform 3 rounds. Allow adequate rest between rounds.

Lat Pull Down (machine) x 10 reps  
Perform 3 rounds. Allow adequate rest between rounds.

Romanian Deadlift (barbell) x 10 reps  
Perform 3 rounds. Allow adequate rest between rounds.

Superset: Push-up x AMRAP  
Goblet Squat (dumbbell) x 15 reps  
Perform 3 rounds. Allow adequate rest between rounds.

### **Alphas P1:L4**

Overhead Press (barbell) x 8 reps  
Perform 3 rounds. Allow adequate rest between rounds.

Leg Press (machine) x 10 reps  
Perform 3 rounds. Allow adequate rest between rounds.

Incline Chest Press (dumbbell) x 8 reps  
Perform 3 rounds. Allow adequate rest between rounds.

Superset: Half Kneeling Single Arm Row (machine) x 15 reps per arm  
Reverse Hyper x 15 reps  
Perform 3 rounds. Allow adequate rest between rounds.

### **Alphas P1:L5**

Squat (barbell) x 8 reps  
Perform 3 rounds. Allow adequate rest between rounds.

Chin Up or Pull Up (machine) x AMRAP  
Perform 3 rounds. Allow adequate rest between rounds.

Hamstring Curl (machine) x 10 reps  
Perform 3 rounds. Allow adequate rest between rounds.

Superset: Banded Glute Bridge (barbell) x 20 reps  
Half Kneeling High to Low Row (machine) x 15 reps  
Perform 3 rounds. Allow adequate rest between rounds.

### **Alphas P1:L6**

Bench Press (barbell) x 8 reps  
Perform 3 rounds. Allow adequate rest between rounds.

Single Leg Deadlift (dumbbell) x 10 reps per leg  
Perform 3 rounds. Allow adequate rest between rounds.

Bicep Curls (dumbbell) x 10 reps  
Perform 3 rounds. Allow adequate rest between rounds.

Superset:     Bench Tricep Dip x AMRAP  
                  Reverse Hyper x 15 reps  
                  Perform 3 rounds. Allow adequate rest between rounds.

### **Alphas P1:L7**

Hip Thrust (barbell) x 10 reps  
Perform 3 rounds. Allow adequate rest between rounds.

Seated Overhead Press (dumbbell) x 8 reps  
Perform 3 rounds. Allow adequate rest between rounds.

Walking Lunge (dumbbell) x 10 reps per leg  
Perform 3 rounds. Allow adequate rest between rounds.

Superset:     Lateral Raise x 10 reps  
                  Goblet Squat x 15 reps  
                  Perform 3 rounds. Allow adequate rest between rounds.