



The S.A.I.S. Training Program			
Monday: Chest, Biceps			
Bench Press (Free Weights, Barbell)	3 Sets	6 Reps	Fast-Twitch White Muscle Fibers
Incline Press (Free Weights, Barbell)	2 Sets	10 Reps	Intermediate Muscle Fibers
Vertical Bench Press (Machine)	1 Set	20 Reps	Slow-Twitch Red Muscle Fibers
Barbell Curls (Shoulder Wide Grip)	3 Sets	6 Reps	Fast-Twitch White Muscle Fibers
Dumbbell Curls (Seated)	2 Sets	10 Reps	Intermediate Muscle Fibers
EZ-Barbell Curls (Narrow Grip)	1 Set	20 Reps	Slow-Twitch Red Muscle Fibers
Tuesday: Legs			
Squats (Free Weights, Barbell)	3 Sets	6 Reps	Fast-Twitch White Muscle Fibers
Leg Press (Machine)	2 Sets	10 Reps	Intermediate Muscle Fibers
Hack Squats (Machine)	1 Set	20 Reps	Slow-Twitch Muscle Fibers
Wednesday: OFF			
Thursday: Shoulders, Triceps			
Behind the Neck Press (Free Weights, Barbell)	3 Sets	6 Reps	Fast-Twitch White Muscle Fibers
Standing Upright Rows (Free Weights, EZ-Barbell)	2 Sets	10 Reps	Intermediate Muscle Fibers
Front Overhead Press (Machine)	1 Set	20 Reps	Slow-Twitch Red Muscle Fibers
Lying Triceps Press (Free Weights, EZ-Barbell)	3 Sets	6 Reps	Fast-Twitch White Muscle Fibers
Overhead Tricep Press (Free Weights, EZ-Barbell)	2 Sets	10 Reps	Intermediate Muscle Fibers
Triceps Pushdowns (Machine, Cable)	1 Set	20 Reps	Slow-Twitch Red Muscle Fibers
Friday: Back, Calves			
Front Lat Pulldowns (Machine, Shoulder Wide Grip)	3 Sets	6 Reps	Fast-Twitch White Muscle Fibers
Seated Cable Rows	2 Sets	10 Reps	Intermediate Muscle Fibers
Single Arm Dumbbell Rows	1 Set	20 Reps	Slow-Twitch Red Muscle Fibers
Standing Calf Raises (Machine)	3 Sets	6 Reps	Fast-Twitch White Muscle Fibers
Seated Calf Raises (Machine)	2 Sets	10 Reps	Intermediate Muscle Fibers
Bend-Over Calf Raises (Machine)	1 Sets	20 Reps	Slow-Twitch Red Muscle Fibers
Saturday: OFF			
Sunday: OFF			
<p>Note: It is recommended that the athlete does a light warm-up set with 20 reps for the first exercise of each muscle group. The weight for this warm-up set should be about 30% of the weight used for the first heavy training set. In regards to chest training this means for example, that prior to bench presses, a light warm-up set of 20 reps should be performed at 30% of the weight that will be used for the first heavy set of 6 reps. Such a warm-up set is not to be performed for the following chest exercises since the chest muscles are already adequately warmed up. It should also be noted that the weight probably has to be reduced for set 2 and set 3 in most exercises, since muscle strength begins to decrease somewhat after set 1, and the athlete runs the risk of being unable to complete all six reps. The same principle applies to sets 4&5. It is also recommended to slightly reduce the weight after set 4, in order to get up to 10 reps in set 5. Abdominal and forearm training is not included in the S.A.I.S. Training Program, since these muscle groups are trained indirectly in almost all exercises. In order to ensure maximum muscle growth, all cardio training should be temporarily avoided. The S.A.I.S. Training Program should be performed over a six-week period.</p>			