

POWELL'S PERSONAL COMBAT SYSTEM RECOMMENDED WEIGHT LIFTING EXERCISES

BACK	CHEST	ARMS
LOCK LEG DEAD LIFT	DUMBBELL FLIES	DUMBBELL WRIST TWISTS
ROMAN CHAIR	DUMBBELL BENCH PRESS FLAT	DUMBBELL FOREARM CURLS
BARBEL BENT OVER ROWS	DOUBLE BENCH DIPS	DUMBBELL REVERSE FOREARM CURLS
ONE ARM BENT OVER DUMBBELL ROWS	INCLINE DUMBBELL PRESS	DUMBBELL BICEPS CURLS INWARD
CLEAN AND PRESS	BENCH PRESS FLAT	DUMBBELL BICEPS CURLS OUTWARD
LYING LOWER BACK SCISSOR KICKS	BENCH PRESS INCLINE	BICEPS 21 BOMBERS
SERARTUS PULLS	BENCH PRESS DECLINE	BENT OVER DUMBBELL CURLS
50 CHIN UPS	STANDING CROSS CABLE FLIES TO WORK INNER CHEST WITH 10 SECOND PAUSE	HAMMER CURLS
DEAD LIFT		TRICEPS KICK BACKS
PULL DOWNS		TRICEPS PULLY PUSH DOWNS
		SEATED TRICEPS EXTENSIONS
LEGS	SHOULDERS	STOMACH
SIDE LUNGE SQUATS	MILITARY PRESS	LEG RAISES
HALF SEATED SQUATS	BENT OVER LATERALS	WEIGHTED CRUNCHES
DEEP BENDS	SIDE LATERALS	CIRULAR LEG RAISES
CALF BLASTER IN ALL 4 DIRECTIONS	HEAVY UPRIGHT ROWS	FROG CRUNCHES
FRONT CURLS	FRONT DELTOID LIFTS	POLE TWISTS
BACK CURLS		ROMAN CHAIR CRUNCH
		OBLIQUE DUMBBELL CRUNCHES

The Above exercises are recommended for each muscle group as additional training options that will develop each of the listed muscle groups.

One should develop a day one and day two routine out of these exercises with upper body vs lower body and continuously mix the sequence for maximum muscle shock so that no muscle gets used to a specific sequence of exercise.

Remember to always allow for a rest period for muscle groups. Example if Day one is upper body and you have used your chest routine, do not use this on day two. Instead work the legs and return to that muscle group the day after.

Recommended Method is to perform 3 to 5 sets of 10 reps per exercise with a 60 second rest period between sets.

Gradually Increase Weight every two weeks to keep it reasonable. This will allow one to increase with out slipping back to lower amounts of weight.

The above is for those interested in adding weight lifting to their routine and is not mandatory but an optional aspect of training.

Founded by Grand Master Gary Powell

As Taught By Grand Master Justin Powell

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If You Wish To Learn Powell's Personal Combat System Or Are Interested In

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