

## RIC/Handcycle Chicago Strength Program

Should be done 3x per week on off days but can be combine with cycling or pushing workout

If riding on the same day, do not increase weight that day

Name:

Date:

**Day of the week:**

**Multi- Joint Exercises**

Bench Press

Row

Shoulder Press

Lat Pulldown

Pull-ups

Dips

Sets/Reps	Reps	Weight	Reps	Weight	Reps	Weight
3x10						
3x10						
3x10						
3x10						
3x10						
3x10						

**Single Joint Exercises**

Front Raise

Lateral Raise

Chest Fly

Chest Pullover

Rear Deltoid

Extrenal/Internal Rotator Cuff

3x10						
3x10						
3x10						
3x10						
3x10						
3x15						

Date:

**Day of the week:**

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Dips

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3x10						
3x10						
3x15						