

## Day 1: Chest & Arms (S&S)

**6 Reps & 12 Reps**

**5 Reps & 10 Reps**

**4 Reps & 8 Reps**

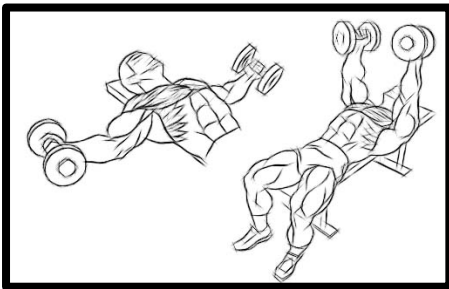
**REST 2-3 MIN THEN REVERSE**

**12 Reps & 6 Reps**

**10 Reps & 5 Reps**

**8 Reps & 4 Reps**

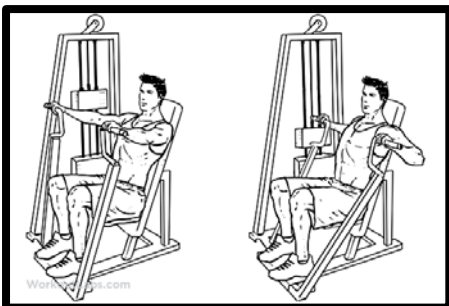
**1) Incline Dumbbell fly (warmup)**



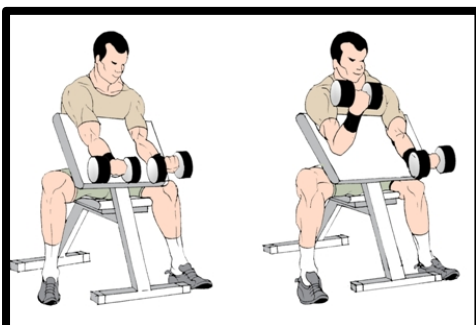
**2) Incline DB Press REPS**



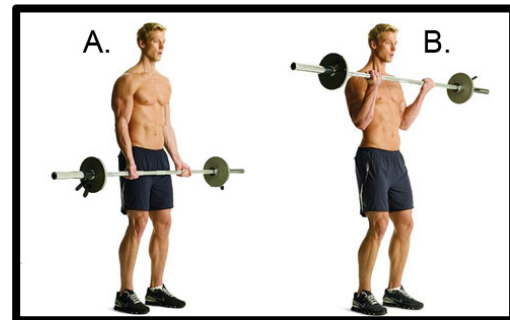
**3) Machine Press REPS**



**4) Preacher curl (Warmup)**



**5) BB Curl REPS**



**6) Tri Press down (Warmup; rope)**



**7) Overhead Cable REPS**



**WEEKS 3 + 4 ADD ANY 2 MORE EXERCISES**

## DAY 2 – LEGS, ABS (S&S) (WEEK 1+2)

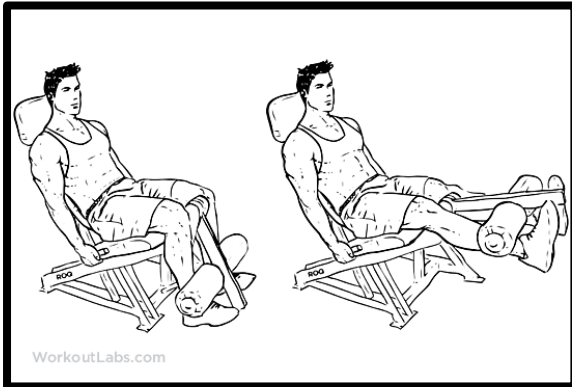
6S & 12s                      12S & 6s

5S & 10s                      10S & 5s

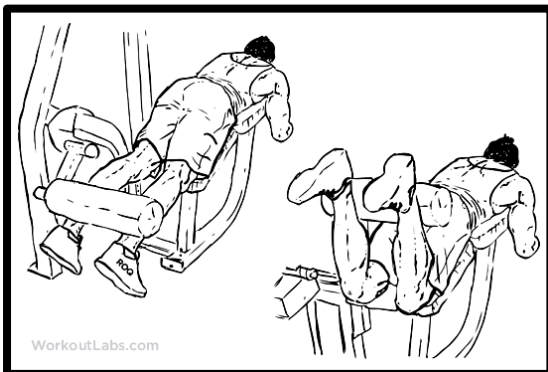
4S & 8s                        8S & 4s

REST 2-3MIN; REVERSE

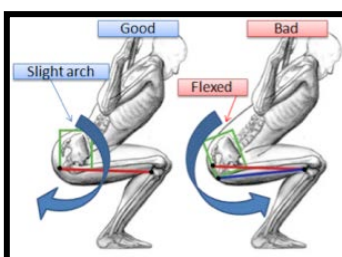
### 1) Leg Extension (Warmup)



### 2) Leg Curl (Warmup)



### 3) Practice Squats



#### Shoulder-width Stance.

Toes Out 30°

Feet Flat on The Floor

Don't Raise Your Heels

Push Your Knees Out

Don't Point Your Knees Forward

#### Knees over Toes

Don't Let Your Knees Come Too Forward

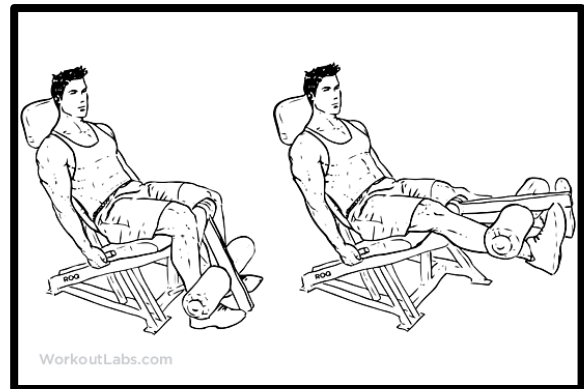
Hips Back on Way Down

Hips Up on Way up

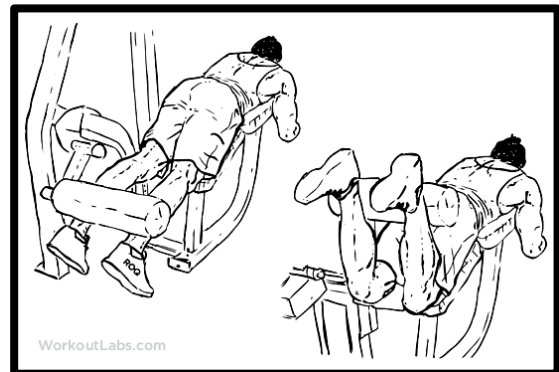
Don't Hold The Bar with Your Hands

Head In line with Torso

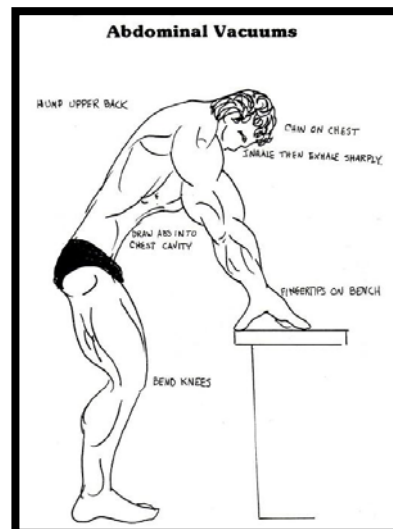
### 4) Leg Extension REPS



### 5) Leg Curl REPS



### 6) Abs Vacuums & Weighted planks



# DAY 3 – BACK, SHOULDERS (S&S)

6S & 12s

12S & 6s

5S & 10s

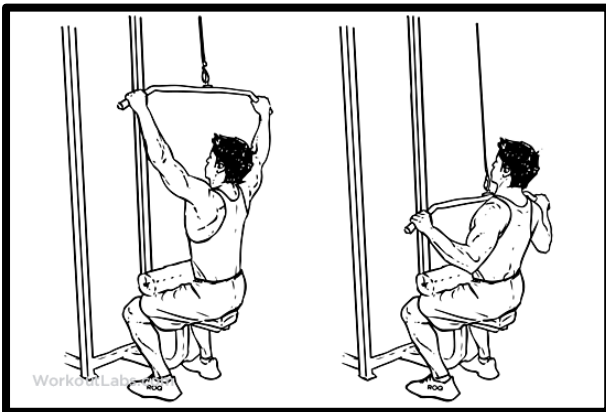
10S & 5s

4S & 8s

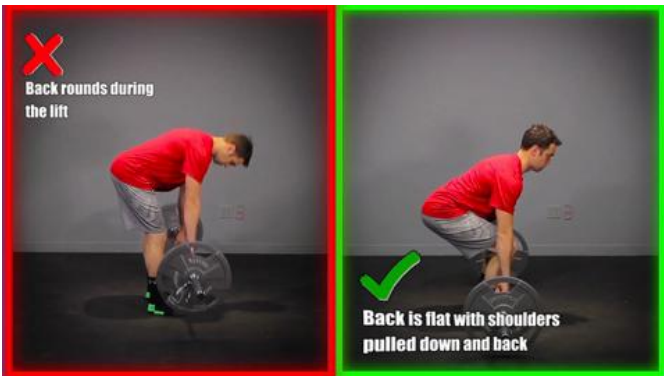
8S & 4s

REST 2-3MIN; REVERSE

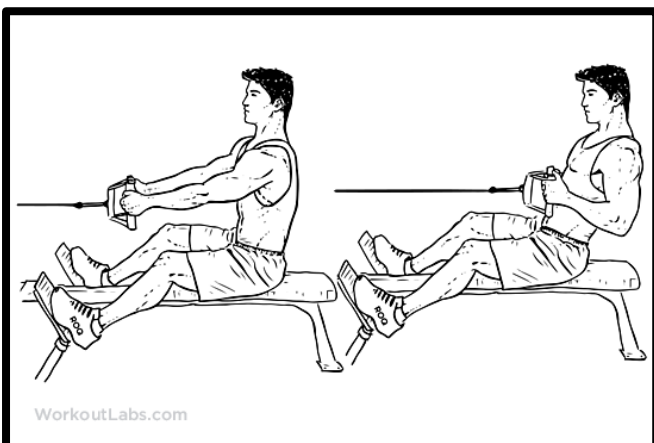
## 1) Lat Pulldown (Warmup)



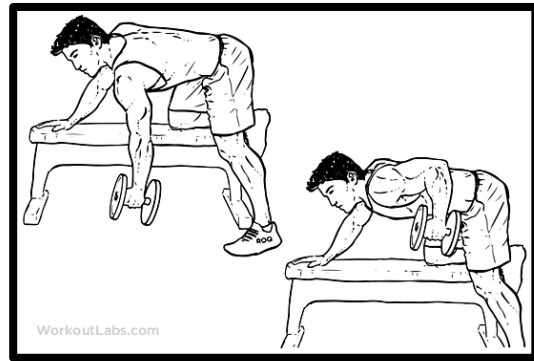
## 2) Practice deadlift



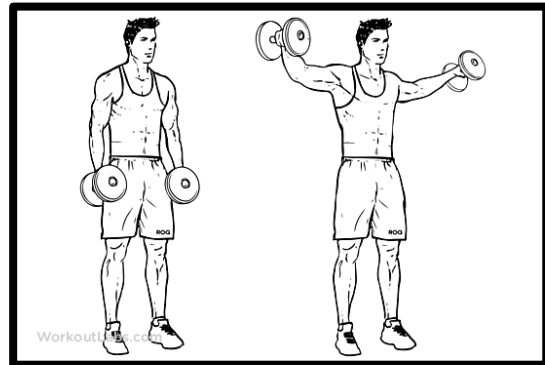
## 3) Seated Row REPS



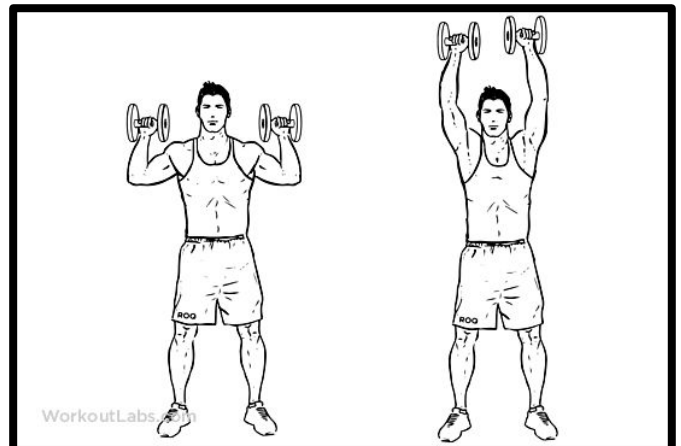
## 4) Dumbbell Row (Warmup)



## 5) Lateral Raise (Warmup)



## 6) Overhead DB Press



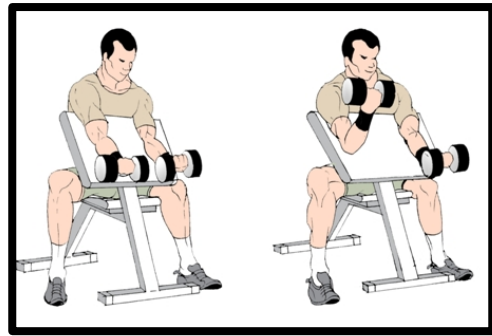
WEEKS 3 + 4 ADD ANY 2 MORE EXERCISES

# DAY 4 – CHEST, ARMS (S&E)

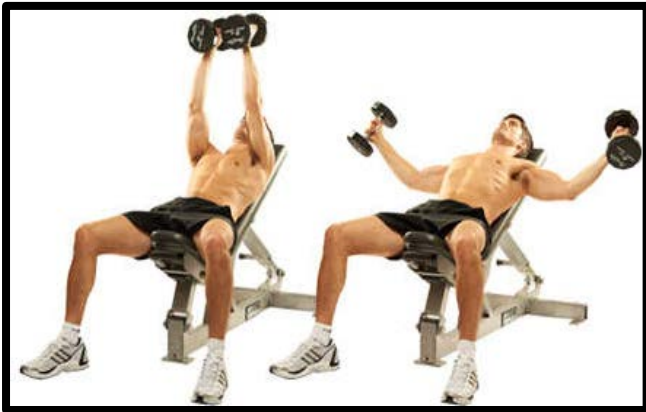
12S & 24e  
10S & 20e  
8S & 16e  
2-3 MIN REST

24S & 12e  
20S & 10e  
16S & 8e

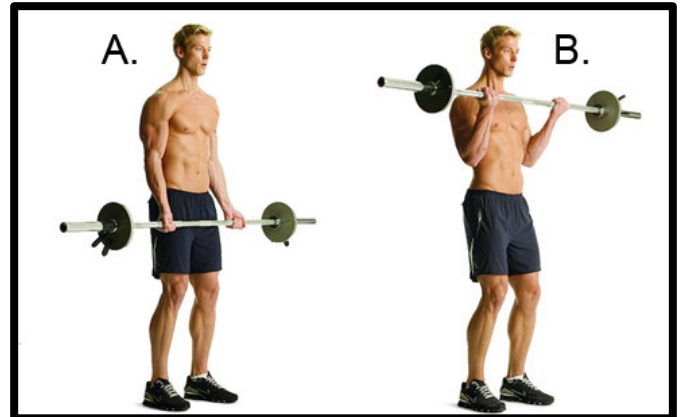
## 4) PREACHER CURL (WARMUP)



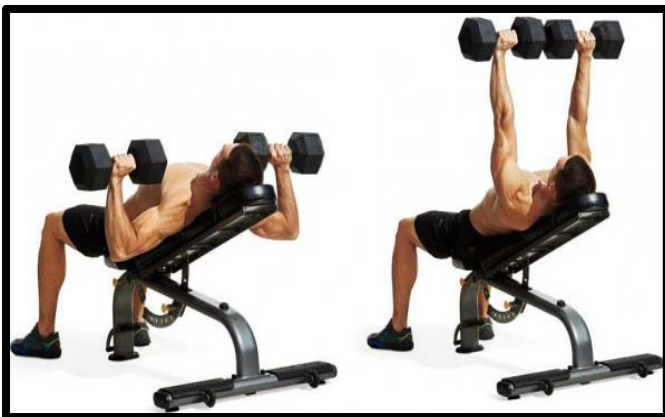
## 1) INCLINE FLY (WARMUP)



## 5) BB CURL



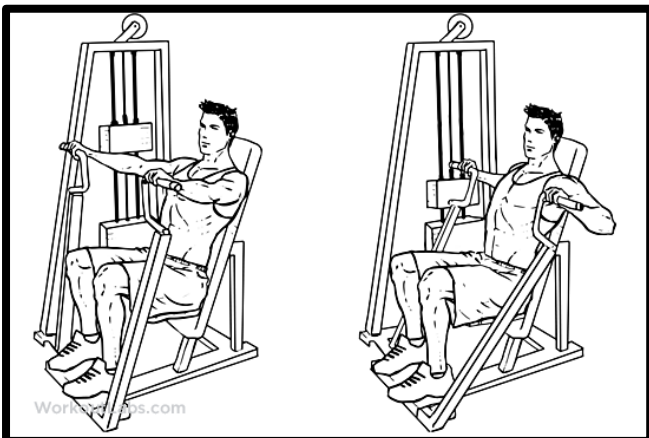
## 2) INCLINE DB PRESS



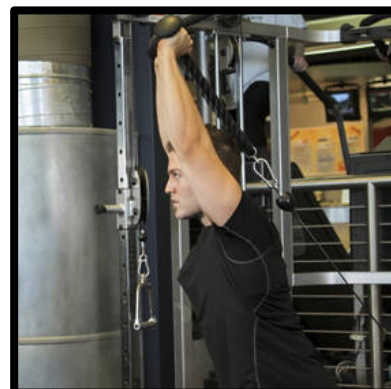
## 6) TRI PRESS DOWN (WARMUP)



## 3) MACHINE PRESS



## 7) OVERHEAD CABLE EXTENSION



WEEKS 3 + 4 ADD ANY 2 MORE EXERCISES

# DAY 5 – LEGS, ABS (S & E)

12S & 24e

10S & 20e

8S & 16e

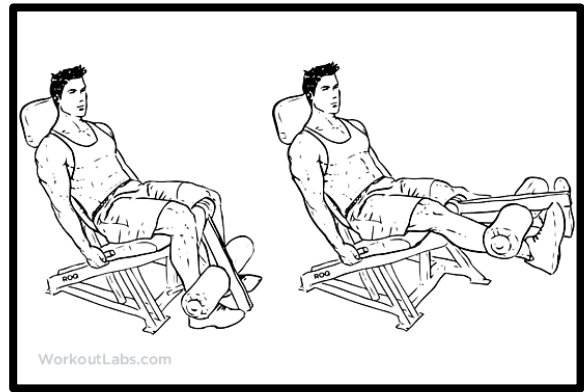
2-3 MIN REST

24S & 12e

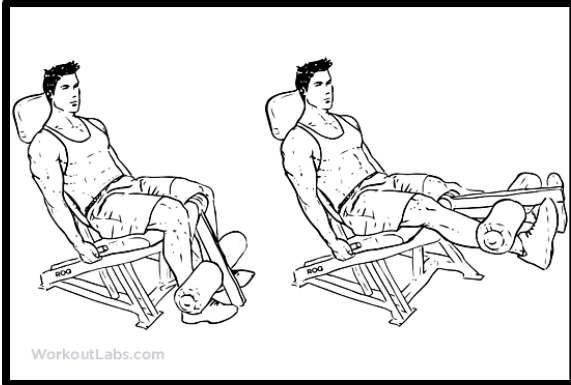
20S & 10e

16S & 8e

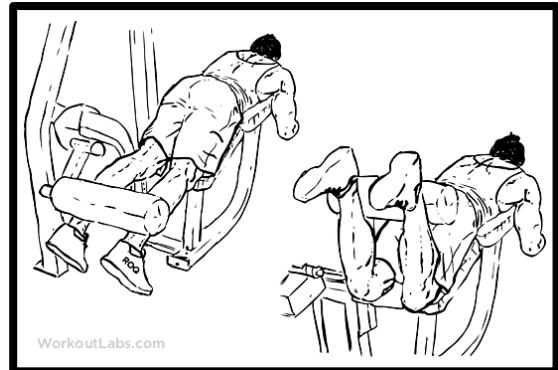
## 4) Leg Extension REPS



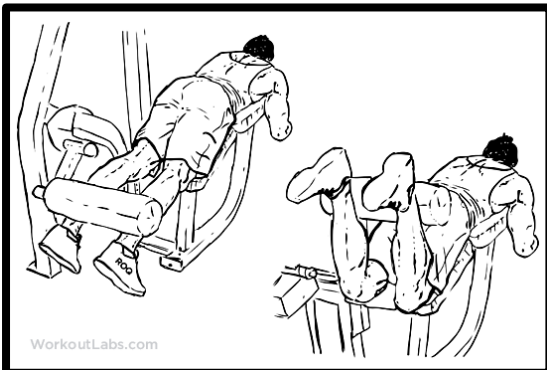
## 1) Leg Extension (Warmup)



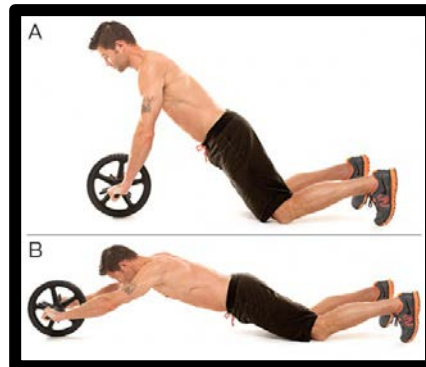
## 5) Leg Curl REPS



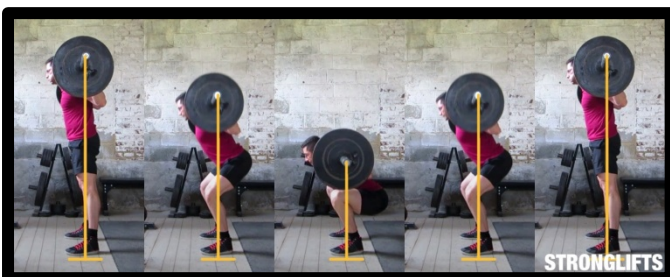
## 2) Leg Curl (Warmup)



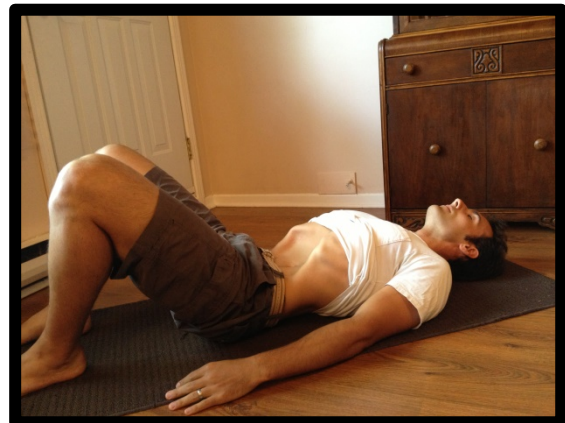
## 6) Abs roller REPS



## 3) Volume Squat 4X20



## 7) Lying Vacuum



WEEKS 3 + 4 ADD ANY 2 MORE EXERCISES

## Day 6 – Back & Shoulders

12 & 24

10 & 20

8 & 16

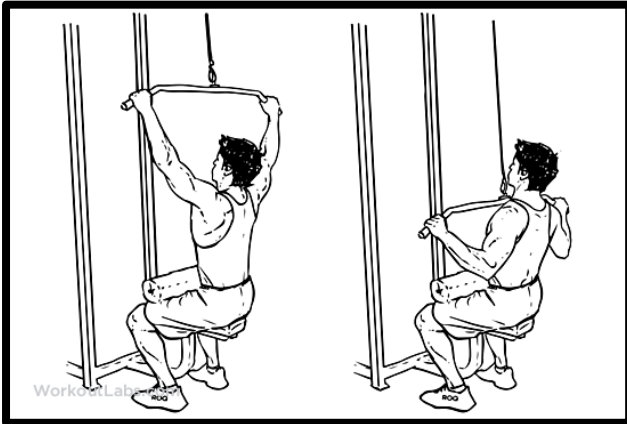
2-3 Min Rest

24 & 12

20 & 10

16 & 8

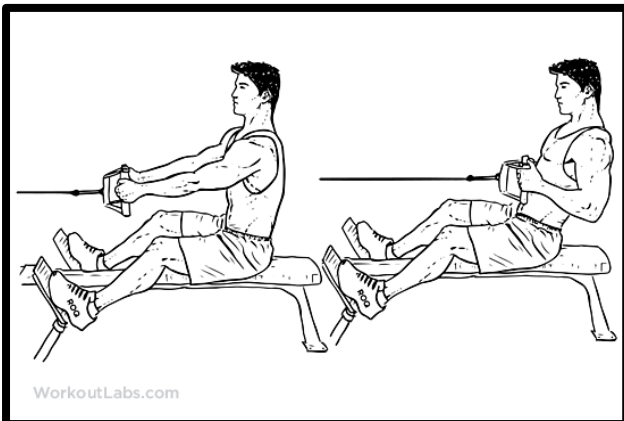
### 1) Lat Pulldown (Warmup)



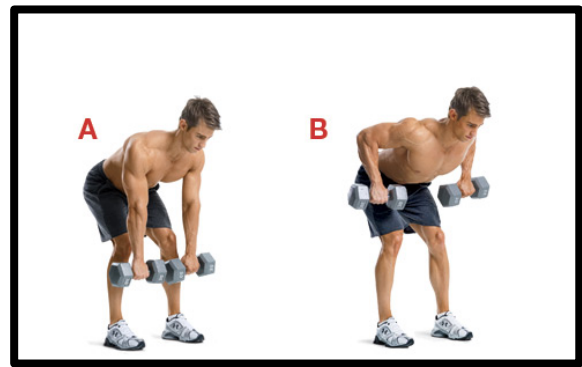
### 2) Rack Pull (4 X 20)



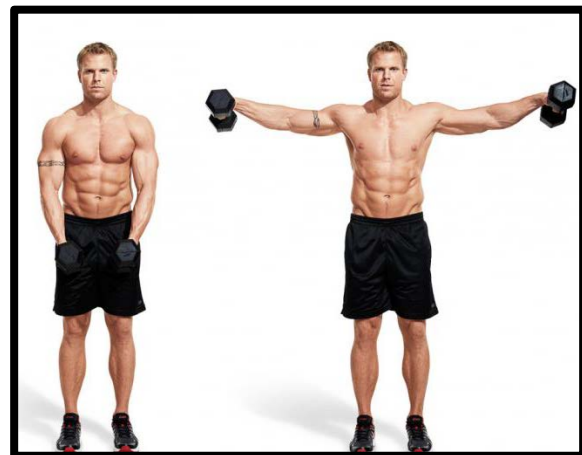
### 3) Seated Row REPS



### 4) DB Row (Warmup)



### 5) Lateral Raise (Warmup)



### 6) Overhead DB Press REPS



WEEKS 3 + 4 ADD ANY 2 MORE EXERCISES