

Chest & Biceps

MONDAY

1. **Upper Abs Routine** (See Page 182) **WK5:** (Page 183)

- | | |
|--|--|
| 2. Incline Bench Press x 3 sets | 6. Barbell Curls x 3 sets |
| 3. Dumbbell Flyes x 3 sets | 7. Preacher Curls x 3 sets |
| 4. Flat Dumbbell Press x 3 sets | 8. Hammer Curls x 3 sets |
| 5. Cable Crossovers x 2 sets | 9. Concentration Curls x 2 sets |

10. **14 minutes Cardio**
(LOW INTENSITY)

Week 4 - 15 minutes, Week 5 & 6 - 16 minutes

NOTES WK 3 - 6:

- Workout Day may change according to your schedule.
- Increase the poundage on each set, for example: Set 1: 10kg, Set 2, 15kg, Set 3 17.5 kg.
- Aim for failure on your last two sets of each exercise. Failure should set it at around 6-8 reps, so you will need to find a weight heavy enough. If you find you can comfortably lift more than 12 reps, you should increase the weight.

HIGH CARB DAY

Shoulders & Triceps

WEDS

1. **Oblique Abs Routine** (See Page 182) **WK5:** (Page 183)

- | | |
|--|-------------------------------------|
| 2. Dumbbell Press x 3 sets | 6. Cable Extensions x 3 sets |
| 3. Upright Row x 3 sets | 7. Close Grip Press x 3 sets |
| 4. Smith Machine Press x 3 sets | 8. Tricep Extension x 3 sets |
| 5. Shoulder Raises x 2 sets | 9. Skull Crushers x 2 sets |

10. **14 minutes Cardio**
(LOW INTENSITY)

Week 4 - 15 minutes, Week 5 & 6 - 16 minutes

NOTES Continued:

- As I recommend between 4-6 sessions of cardio weekly you will need to add an additional two sessions as no cardio should be performed after legs. Two morning sessions would be recommended.
- Continue stretching after each exercise. Please ensure you stretch after each set (see page 118) for approximately 8-10 seconds.
- Ensure you stick to the principle of two seconds to lift the weight and four seconds to lower it.

HIGH-MOD CARB DAY

Legs & Back

FRIDAY

1. **Lower Abs Routine** (See Page 182) **WK5:** (Page 183)

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|---|--|
| 2. Leg Extension x 3 sets | 6. Wide Grip Pull Ups x 3 sets |
| 3. Smith Machine Squats x 2 sets | 7. Reverse Grip Barbell Rows x 3 sets |
| 4. Lunges x 3 sets | 8. Cable Rows x 3 sets |
| 5. Hamstring Curls x 3 sets | 9. Lat Pulldown x 2 sets |

NOTES Continued:

- If you are limited to the equipment you have access to be sure to use some of the other exercises outlined in the book.
- If you're limited with time, you can train your abs earlier or on different days.
- Keep rest periods short. No more than 25 seconds between each set and 50 seconds between different exercises.

HIGH CARB DAY