

Chest & Biceps

MONDAY

1. Upper Abs Routine (See Page 184)

2. Bench Press x 4 sets
3. Decline Dumbbell Flyes x 4 sets
4. Incline Bench Press x 4 sets
5. Cable Crossovers x 3 sets
6. EZ Bar Curls x 4 sets
7. Close Grip Cable Curls x 4 sets
8. Dumbbell Curls x 4 sets
9. Concentration Curls x 3 sets

10. 20 minutes Cardio (LOW INTENSITY)

NOTES ADVANCED PROGRAM:

- Workout Days may change according to your schedule.
- Use the pyramid system with your exercises whereby you increase the poundage on each set and then lower back to a light weight on Set 4, for example:
Set 1: 30kg, Set 2: 40kg, Set 3: 50kg, Set 4: 30kg
- Work to failure on your last three sets. The 1st Set is your warm up in which you should aim for 12 reps.

HIGH CARB DAY

Shoulders & Triceps

WEDS

1. Oblique Abs Routine (See Page 184)

2. Dumbbell Press x 4 sets
3. Upright Row x 4 sets
4. Barbell Front Raises x 4 sets
5. Side Raises x 3 sets
6. Close Grip Press x 4 sets
7. EZ Bar Close Press x 4 sets
8. Cable Extensions x 4 sets
9. Kickbacks x 3 sets

10. 18 minutes Cardio (LOW INTENSITY)

NOTES Continued:

- I recommend between 4-6 sessions of cardio weekly so you will need to add an additional two or more sessions as no cardio should be performed after legs. Morning sessions would be recommended.
- 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 184)

2. Smith Machine Squats x 4 sets
3. Leg Press Machine x 4 sets
4. Leg Extensions x 4 sets
5. Hamstring Curls x 3 sets
6. Close Grip Pull Down x 4 sets
7. Reverse Grip Barbell Rows x 4 sets
8. Wide Grip Cable Rows x 4 sets
9. One Arm Rows or Gym Lat Machine x 3 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