

Chest & Biceps

MONDAY

1. **Upper Abs Routine** (See Page 184)

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

10. **18 minutes Cardio**
(LOW INTENSITY)

Week 12 - 20 minutes

NOTES WK 11-12:

- Workout Day may change according to your schedule.
- You will now implement a 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
- Continue to 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 3 sets | 6. Close Grip Press x 3 sets |
| 3. Upright Row x 3 sets | 7. EZ Bar Close Press x 3 sets |
| 4. Front Raises x 3 sets | 8. Cable Extensions x 3 sets |
| 5. Side Cable Raises x 3 sets | 9. Kickbacks x 3 sets |

10. **18 minutes Cardio**
(LOW INTENSITY)

Week 12 - 20 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 184)

- | | |
|---|--|
| 2. Smith Machine Squats x 3 sets | 6. Close Grip Pull Down x 3 sets |
| 3. Leg Press Machine x 3 sets | 7. Reverse Grip Barbell Rows
x 3 sets |
| 4. Leg Extensions x 3 sets | 8. Wide Grip Cable Rows x 3 sets |
| 5. Hamstring Curls x 3 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