

### Chest & Biceps

### MONDAY

1. **Upper Abs Routine** (See Page 183)

- |   |  |
|---|--|
| 2. <b>Flat Bench Press</b> x 4 sets       | 6. <b>Dumbbell Curls</b> x 3 sets      |
| 3. <b>Incline Dumbbell Flyes</b> x 3 sets | 7. <b>EZ Bar Curls</b> x 3 sets        |
| 4. <b>Decline Bench Press</b> x 3 sets    | 8. <b>Cable Curls</b> x 3 sets         |
| 5. <b>Peck Deck</b> x 3 sets              | 9. <b>Concentration Curls</b> x 2 sets |

10. **17 minutes Cardio**  
(LOW INTENSITY)

Week 8 - 17 minutes, Week 9 & 10 - 18 minutes

### NOTES WK 7-10:

- 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 183)

- |  |                                       |
|--|---------------------------------------|
| 2. <b>Smith Machine Press</b> x 3 sets | 6. <b>Cable Extensions</b> x 3 sets   |
| 3. <b>Side Raises</b> x 3 sets         | 7. <b>EZ Bar Close Press</b> x 3 sets |
| 4. <b>Front Raises</b> x 3 sets        | 8. <b>Overhead Extension</b> x 3 sets |
| 5. <b>Upright Row</b> x 3 sets         | 9. <b>Kickbacks</b> x 3 sets          |

10. **17 minutes Cardio**  
(LOW INTENSITY)

Week 8 - 17 minutes, Week 9 & 10 - 18 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 183)

- |                                      |   |
|--------------------------------------|---|
| 2. <b>Leg Extension</b> x 3 sets     | 6. <b>Wide Grip Pull Ups</b> x 3 sets     |
| 3. <b>Leg Press Machine</b> x 3 sets | 7. <b>Wide Grip Pull Down</b><br>x 3 sets |
| 4. <b>Lunges</b> x 3 sets            | 8. <b>V-Bar Cable Rows</b> x 3 sets       |
| 5. <b>Hamstring Curls</b> x 3 sets   | 9. <b>One Arm Rows</b> 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