

### Chest & Biceps

### MONDAY

1. **Upper Abs Routine** (See Page 182)

- |   |  |
|---|--|
| 2. <b>Bench Press</b> x 3 sets                                | 5. <b>Dumbbell Curls</b> x 3 sets      |
| 3. <b>Pec Deck or Dumbbell Flyes</b> x 3 sets                 | 6. <b>Barbell Curls</b> x 3 sets       |
| 4. <b>Cable Crossovers or Incline Dumbbell Press</b> x 2 sets | 7. <b>Concentration Curls</b> x 2 sets |

8. **10 minutes Cardio**  
(LOW INTENSITY)

Week 2 - 12 minutes

### NOTES WK 1:

- Workout Day may change according to your schedule.
- Aim for a weight in which you can comfortably lift more than 6 reps, but begin to fail around 12. If you find you can perform more than 15 reps comfortably, increase the poundage.
- Increase the poundage on each set, for example: Set 1: 10kg, Set 2, 15kg, Set 3 17.5 kg.
- Low Intensity Cardio may be substituted for High Intensity Cardio, however, please half the time.

### HIGH CARB DAY

### Shoulders & Triceps

### WEDS

1. **Oblique Abs Routine** (See Page 182)

- |                                    |   |
|------------------------------------|---|
| 2. <b>Shoulder Press</b> x 3 sets  | 5. <b>Close Grip Bench Press</b> x 3 sets |
| 3. <b>Front Raises</b> x 3 sets    | 6. <b>Kickbacks</b> x 3 sets              |
| 4. <b>Shoulder Raises</b> x 2 sets | 7. <b>Tricep Extension</b> x 2 sets       |

8. **10 minutes Cardio**  
(LOW INTENSITY)

Week 2 - 12 minutes

### NOTES Continued:

- As I recommend between 4-6 sessions of cardio weekly (4 for complete beginners) you will need to add an additional two sessions as no cardio should be performed after legs. Two morning sessions would be recommended.
- Stretching after each exercise is very important. 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)

- |   |                                  |
|---|----------------------------------|
| 2. <b>Leg Extension</b> x 3 sets        | 5. <b>Lat Pulldown</b> x 3 sets  |
| 3. <b>Smith Machine Squats</b> x 2 sets | 6. <b>Barbell Rows</b> x 3 sets  |
| 4. <b>Hamstring Curls</b> x 3 sets      | 7. <b>Dumbbell Rows</b> x 3 sets |

\* **Optional: Calf Raises** 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.
- Don't over do it on your first week, just use this week to get used to the exercises.
- Keep rest periods short. No more than 30 seconds between each set and 1 minute between different exercises.

### HIGH CARB DAY