**Monday: Upper Workout**

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Sets** | **Reps** |
| 1a. [Dumbbell Bench Press](https://www.muscleandstrength.com/exercises/dumbbell-bench-press.html) | 4 | 8 |
| 1b. [Dumbbell Row](https://www.muscleandstrength.com/exercises/bent-over-dumbbell-row.html) | 4 | 8 |
| 2. [Overhead Press](https://www.muscleandstrength.com/exercises/military-press.html) | 4 | 10\* |
| 3a. [Chin Up](https://www.muscleandstrength.com/exercises/chin-up.html) | 3 | 12-15 |
| 3b. [Dips](https://www.muscleandstrength.com/exercises/tricep-dip.html) | 3 | 12-15 |
| 4a. [Cable Curl](https://www.muscleandstrength.com/exercises/cable-curl.html) | 2 | 10-12 |
| 4b. [Cable Pressdown](https://www.muscleandstrength.com/exercises/tricep-extension.html) | 2 | 10-12 |

*\*Perform a drop set on your final set.*

*Cardio:* Perform 30-45 Mins of low intensity steady state cardio of your choice.

**Tuesday: Lower Workout**

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Sets** | **Reps** |
| 1. [Squats](https://www.muscleandstrength.com/exercises/squat.html) | 5 | 20, 18, 15, 12, 10 |
| 2a. [Dumbbell Stiff Legged Deadlift](https://www.muscleandstrength.com/exercises/dumbbell-stiff-leg-deadlift.html) | 4 | 8 |
| 2b. [Dumbbell Split Squat](https://www.muscleandstrength.com/exercises/dumbbell-split-squat) | 4 | 8 Each |
| 3. [Leg Press](https://www.muscleandstrength.com/exercises/45-degree-leg-press.html) | 3 | 15, 12, 10\* |
| 4a. [Leg Curl](https://www.muscleandstrength.com/exercises/leg-curl.html) | 3 | 15 |
| 4b. [Leg Extension](https://www.muscleandstrength.com/exercises/leg-extension.html) | 3 | 15 |

*\*Perform a drop set on your final set.*

*Cardio:* Perform 15-20 Mins of HIIT of your choice. For ideas of HIIT workouts using exercise equipment

**Thursday: Upper Workout**

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Sets** | **Reps** |
| 1. [Bent Over Row](https://www.muscleandstrength.com/exercises/bent-over-barbell-row.html) | 4 | 6\* |
| 2. [Incline Bench Press](https://www.muscleandstrength.com/exercises/incline-bench-press.html) | 4 | 6\* |
| 3a. [Seated Cable Row](https://www.muscleandstrength.com/exercises/seated-row.html) | 3 | 12-15 |
| 3b. [Push Ups](https://www.muscleandstrength.com/exercises/push-up.html) | 3 | 12-15 |
| 4. [Lat Pull Down](https://www.muscleandstrength.com/exercises/lat-pull-down.html) | 3 | 6, 8, 10 |
| 5a. [Lateral Raise](https://www.muscleandstrength.com/exercises/dumbbell-lateral-raise.html) | 3 | 10 |
| 5b. [Band Pull Apart](https://www.muscleandstrength.com/exercises/band-pull-apart) | 3 | 10\*\* |

*\*Perform a drop set on your final set.  
\*\*Perform sets using a very slow tempo.*

*Cardio:* Perform 30-45 Mins of low intensity steady state cardio of your choice.

**Friday: Lower Workout**

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Sets** | **Reps** |
| 1. [Trap Bar Deadlift](https://www.muscleandstrength.com/exercises/trap-bar-deadlift) | 4 | 12, 10, 8, 6 |
| 2. [Romanian Deadlift](https://www.muscleandstrength.com/exercises/romanian-deadlift) | 4 | 8-10 |
| 3. [Lateral Lunges](https://www.muscleandstrength.com/exercises/bodyweight-side-lunge.html) | 3 | 15-20 Each |
| 4a. [Narrow Leg Press](https://www.muscleandstrength.com/exercises/narrow-stance-45-degree-leg-press.html) | 3 | 12 |
| 4b. [Wide Leg Press](https://www.muscleandstrength.com/exercises/wide-stance-45-degree-leg-press.html) | 3 | 12 |
| 5a. [Seated Calf Raise](https://www.muscleandstrength.com/exercises/seated-calf-raise.html) | 3 | 20 |
| 5b. [Jump Rope](https://www.muscleandstrength.com/exercises/jump-rope) | 3 | 3 Mins |

*Cardio:* 15 Mins of HIIT of your choice. For ideas of HIIT workouts using exercise equipment

**Saturday: Core & Active Recovery**

On this day, take the time you’d normally spend in the gym and use it to work on your mobility. If you’re in the later weeks of this program and are in need of some extra calorie expenditure – perform some low intensity steady state cardio.

In addition, perform the following core workout as a circuit.

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Sets** | **Reps** |
| [Ab Crunch](https://www.muscleandstrength.com/exercises/ab-crunch) | 3 | 20 |
| [Bicycle Crunch](https://www.muscleandstrength.com/exercises/abdominal-air-bike.html) | 3 | 20 |
| [Leg Raise](https://www.muscleandstrength.com/exercises/lying-floor-leg-raise.html) | 3 | 10 |
| [Oblique Crunch](https://www.muscleandstrength.com/exercises/side-crunch.html) | 3 | 15 Each |
| [Plank](https://www.muscleandstrength.com/exercises/hover.html) | 3 | 30 Secs |

**Sunday: Active Recovery**

On this day, take the time you’d normally spend in the gym and use it to work on your mobility. If you’re in the later weeks of this program and are in need of some extra calorie expenditure – perform some low intensity steady state cardio.