

### Chest & Biceps

### MONDAY

1. **Upper Abs Routine** (See Page 182) **WK5:** (Page 183)

- |  |  |
|--|--|
| 2. <b>Incline Bench Press</b> x 3 sets | 6. <b>Barbell Curls</b> x 3 sets       |
| 3. <b>Dumbbell Flyes</b> x 3 sets      | 7. <b>Preacher Curls</b> x 3 sets      |
| 4. <b>Flat Dumbbell Press</b> x 3 sets | 8. <b>Hammer Curls</b> x 3 sets        |
| 5. <b>Cable Crossovers</b> x 2 sets    | 9. <b>Concentration Curls</b> x 2 sets |

10. **14 minutes Cardio**  
(LOW INTENSITY)

Week 4 - 15 minutes, Week 5 & 6 - 16 minutes

### NOTES WK 3 - 6:

- Workout Day may change according to your schedule.
- Increase the poundage on each set, for example: Set 1: 10kg, Set 2, 15kg, Set 3 17.5 kg.
- Aim for failure on your last two sets of each exercise. Failure should set it at around 6-8 reps, so you will need to find a weight heavy enough. If you find you can comfortably lift more than 12 reps, you should increase the weight.

### HIGH CARB DAY

### Shoulders & Triceps

### WEDS

1. **Oblique Abs Routine** (See Page 182) **WK5:** (Page 183)

- |  |                                     |
|--|-------------------------------------|
| 2. <b>Dumbbell Press</b> x 3 sets      | 6. <b>Cable Extensions</b> x 3 sets |
| 3. <b>Upright Row</b> x 3 sets         | 7. <b>Close Grip Press</b> x 3 sets |
| 4. <b>Smith Machine Press</b> x 3 sets | 8. <b>Tricep Extension</b> x 3 sets |
| 5. <b>Shoulder Raises</b> x 2 sets     | 9. <b>Skull Crushers</b> x 2 sets   |

10. **14 minutes Cardio**  
(LOW INTENSITY)

Week 4 - 15 minutes, Week 5 & 6 - 16 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 182) **WK5:** (Page 183)

- |   |  |
|---|--|
| 2. <b>Leg Extension</b> x 3 sets        | 6. <b>Wide Grip Pull Ups</b> x 3 sets        |
| 3. <b>Smith Machine Squats</b> x 2 sets | 7. <b>Reverse Grip Barbell Rows</b> x 3 sets |
| 4. <b>Lunges</b> x 3 sets               | 8. <b>Cable Rows</b> x 3 sets                |
| 5. <b>Hamstring Curls</b> x 3 sets      | 9. <b>Lat Pulldown</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