

Chest & Biceps

MONDAY

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

- | | |
|---|--|
| 2. Flat Bench Press x 4 sets | 6. Dumbbell Curls x 3 sets |
| 3. Incline Dumbbell Flyes x 3 sets | 7. EZ Bar Curls x 3 sets |
| 4. Decline Bench Press x 3 sets | 8. Cable Curls x 3 sets |
| 5. Peck Deck x 3 sets | 9. Concentration Curls 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. Smith Machine Press x 3 sets | 6. Cable Extensions x 3 sets |
| 3. Side Raises x 3 sets | 7. EZ Bar Close Press x 3 sets |
| 4. Front Raises x 3 sets | 8. Overhead Extension x 3 sets |
| 5. Upright Row x 3 sets | 9. Kickbacks 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. Leg Extension x 3 sets | 6. Wide Grip Pull Ups x 3 sets |
| 3. Leg Press Machine x 3 sets | 7. Wide Grip Pull Down
x 3 sets |
| 4. Lunges x 3 sets | 8. V-Bar Cable Rows x 3 sets |
| 5. Hamstring Curls x 3 sets | 9. One Arm Rows 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