

## Workout Guidelines

- Decrease weight as number of repetitions increase
- Increase weight as number of repetitions decrease
- Rest 1 minute between sets of each exercise
- Do not rest between exercises with the same number, i.e. 5A, 5B, 5C

### Monday

#### 1. Seated Dumbbell Military Press

- 6 reps
- 8 reps
- 10 reps
- 12 reps

#### 2. Incline Dumbbell Chest Press

- 6 reps
- 8 reps
- 10 reps
- 12 reps

#### 3. Pec Deck

- 12 reps
- 12 reps

#### 4. Reverse Deltoid Fly on Pec Deck

- 12 reps
- 12 reps

#### 5A. Goblet Squat

- 20 seconds

#### 5B. Dumbbell Stiff Legged Deadlifts

- 20 seconds

#### 5C. Dumbbell Reverse Lunge

- 20 seconds

### 6. Planks

- 30 seconds
- 30 seconds

### Tuesday

#### 1. Leg Extension

- 10 reps
- 10 reps

#### 2. Leg Press

- 12 reps
- 10 reps
- 8 reps
- 6 reps

#### 3. Good Morning

- 8 reps
- 8 reps

#### 4. Calf Raises

- 12 reps
- 12 reps

#### 5A. Dumbbell Bent-over Rows

- 20 seconds

#### 5B. Dumbbell Lateral Raises

- 20 seconds

#### 5C. Dumbbell Push-ups

- 20 seconds

#### 6. Decline Sit-ups

- 12 reps
- 12 reps
- 12 reps

### Wednesday

#### 1. Lat Pull-down

- 12 reps
- 10 reps
- 8 reps
- 6 reps

#### 2. 1 Arm Dumbbell Rows

- 8 reps
- 8 reps

#### 3. Dumbbell Shrugs

- 12 reps
- 12 reps

#### 4. Australian Pull-ups

- 8 reps
- 8 reps
- 8 reps

#### 5A. Dumbbell Side Lunge with Touch

- 20 seconds

#### 5B. Dumbbell Split Squat

- 10 seconds - Right leg forward
- 10 seconds - Left leg forward

#### 5C. Calf Raise and Hold

- 20 seconds

#### 6. Side Planks

- 30 seconds - Left
- 30 seconds - Right

### Friday

#### 1. Bicep Curls with EZ Curl Bar

- 12 reps
- 10 reps
- 8 reps
- 6 reps

#### 2. Triceps Extension with Rope

- 10 reps
- 10 reps
- 10 reps

#### 3. Standing Alternating Dumbbell Curl

- 8 reps
- 8 reps

#### 4. Bench Dips

- 15 reps
- 15 reps

#### 5A. Alternating Dumbbell Military Press

- 20 seconds

#### 5B. Dumbbell Chest Press

- 20 seconds

#### 5C. Dumbbell Palms Up Front Raise

- 20 seconds

#### 6. Flutter Kicks

- 20 seconds
- 20 seconds



