

DAY 1

1) BENCH PRESS (NOT SHOWN)

SETS: 4 REPS: 8 @ 65%-70% of max

● Hold the bar with an overhand, outside-shoulder-width grip. Squeeze your shoulder blades together and arch your back. Take the bar off of the rack, lower it to just below your sternum and then push your feet hard into the floor to help you press the weight back up.

2) INCLINE DUMBBELL PRESS (NOT SHOWN)

SETS: 3-4 REPS: 8-12

● Set an adjustable bench to a 30- to 45-degree incline, grab a dumbbell in each hand and sit on the bench, holding the weights at the sides of your chest. Press the dumbbells straight overhead.



3) ONE-ARM DUMBBELL ROW

SETS: 3-4 REPS: 8-10

● Grab a dumbbell in one hand and rest the opposite hand and knee on a bench. Keeping your lower back in its natural arch, row the weight until it touches your side. Do all your reps with one arm first, then switch sides. That's one set.

4-WEEK PLAN

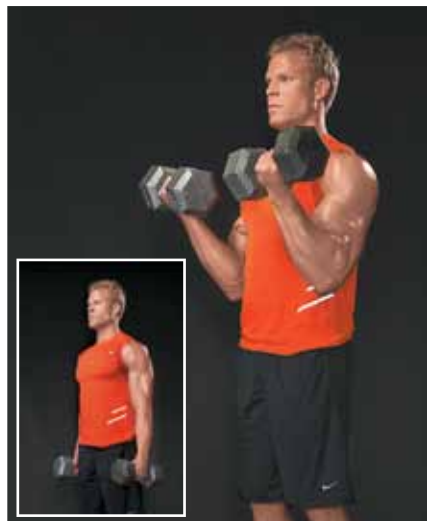
WEEK 1
4 sets of 8 reps @ 65% to 70%

WEEK 2
4 sets of 5 reps @ 75% to 80%

WEEK 3
3 sets of 3 reps @ 85% to 90%

WEEK 4
5 sets of 5 reps @ 60% to 70%

► Note that the workout pages here show only the percentages, reps and sets for the first week (65% to 70%). You must be sure to change the percentages, reps and sets each week accordingly.



4a) DUMBBELL CURL

SETS: 3-4 REPS: 12-15

● Hold a dumbbell in each hand with your arms at your sides. Keeping your elbows close to your sides, curl the weights to shoulder level.



4b) FACE PULL

SETS: 3-4 REPS: 12-15

● Attach a rope handle to the top pulley of a cable station and grab an end in each hand. Squeezing your shoulder blades together, row the handle to your forehead.



5) WEIGHTED SIT-UP

SETS: 3-4 REPS: 12-15

● Hold a weight behind your head and lie on your back on the floor. Raise your torso off the floor as high as you can.

DAY 2

1) SQUAT

SETS: 4 REPS: 8 @ 65% to 70% of max

● Stand with your feet a bit wider than shoulder-width apart and your toes turned slightly outward. Push your hips back and lower your body as far as you can, trying to get your thighs at least parallel to the floor. Keep your posture as upright as possible and maintain the normal arch in your lower back.



2) DEADLIFT

SETS: 4 REPS: 8 @ 65% to 70% of max

● Stand with your feet about hip-width apart, bend down, and grab the bar outside your knees. Your shoulders should be over the bar. Keeping your lower back in its natural arch, drive your heels into the floor and push your hips forward, lifting the bar until it's in front of your thighs.



3) BULGARIAN SPLIT SQUAT

SETS: 3 REPS: 8-10 (each leg)

● Stand about 60cm in front of a bench and rest the top of your left foot on it. Keeping your torso upright, bend your right knee and lower your body until your right thigh is almost parallel to the floor.

SUBSTITUTIONS

► Ready to switch an exercise? Try some of these options.

INCLINE DUMBBELL PRESS

CHANGE TO: Swissball chest press

BULGARIAN SPLIT SQUAT

CHANGE TO: Dumbbell lunge

OVERHEAD PRESS

CHANGE TO: Push press

DIP

CHANGE TO: Dumbbell floor press

4) BACK EXTENSION (NOT SHOWN)

SETS: 3 REPS: 10-12

● Get on a back-extension apparatus and set the pad so it's under your hips. Allow your body to bend 90 degrees at the hips. Extend your back so your body forms a straight line.

DAY 3

1) OVERHEAD PRESS

SETS: 4 REPS: 8 @ 65%-70% of max

● Stand with your feet shoulder-width apart and grab the bar with a grip just wider than shoulder width. Squeeze your shoulder blades together and push your chest out. Press the bar overhead and slightly backward so that it ends up in line with the back of your head.



2) DIP

SETS: 3 REPS: 12-15

● Go to a parallel-bar dip station. Suspend yourself over the bars. Lower your body until your upper arms are parallel to the floor, then push back up.

3) PULL-UP (NOT SHOWN)

SETS: 3-4 REPS: 8-10

● Hang from a pull-up bar with your hands outside shoulder width and your palms facing away from you. Pull yourself up until your chin is over the bar.

4a) BARBELL CURL (NOT SHOWN)

SETS: 3-4 REPS: 10-12

● Hold a straight bar with your hands shoulder-width apart. Keeping your elbows braced against your sides, curl the bar to shoulder level.



4b) DUMBBELL SHRUG

SETS: 3-4 REPS: 10-12

● Hold a dumbbell in each hand and allow your arms to hang at your sides with your palms facing each other. Shrug your shoulders as high as you can.

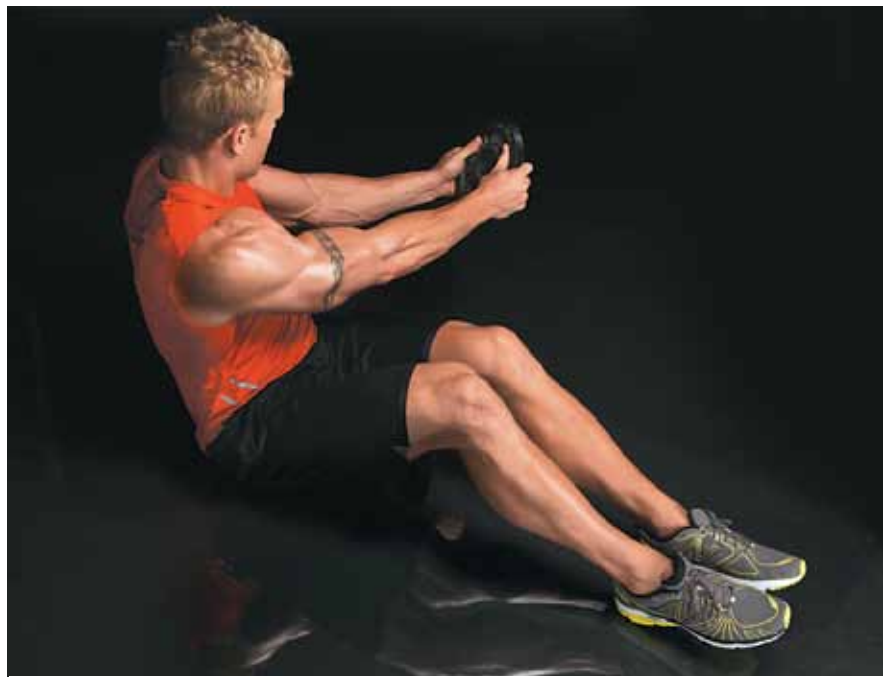
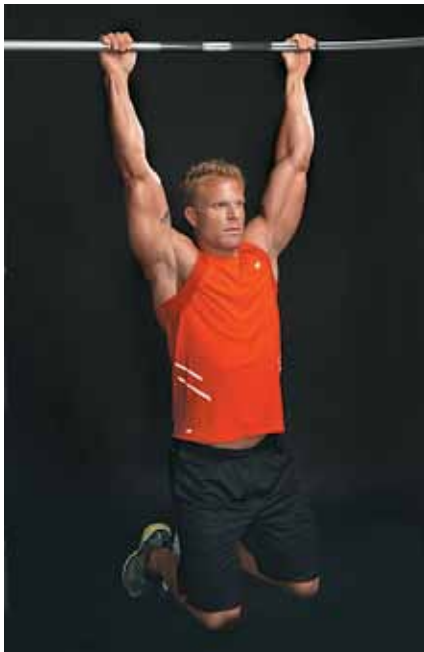
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The number of kilograms you can add to one of your main lifts before you need to change it, if you go up 5 kilos each month.

5a) HANGING LEG RAISE

SETS: 3-4 REPS: 12-15

- Grab on to a pull-up bar and hang. Raise your legs up as high as you can, allowing your back to round.



5b) RUSSIAN TWIST

Sets: 3-4 Reps: 12-15

- Grab a medicine ball, dumbbell or weight plate and sit on the floor with your hips and knees bent 90 degrees. Hold the weight straight out in front of you and keep your back straight (your torso should be at about 45 degrees to the floor). Twist your torso as far as you can to the left and then reverse the motion, twisting as far as you can to the right.