

Sample workout

Monday: Chest, Shoulder, Abs

Date									
Nr.	Exercise	Reps	Weight	Weight	Weight	Weight	Weight	Weight	Weight
1	Decline bench press barbell	4 × 8							
2	Benchpress dumbbells	4 × 8							
3	Fly with cable	3 × 12							
4	Shoulder press, barbell	4 × 8							
5	Butterfly reverse	3 × 12							
6	Crunches	30 – 30 – 30 – 15							
	Leg raises, standing	20 – 25 – 30 – 15							

Wednesday: Shoulders, arms, calves

Date									
Nr.	Exercise	Reps	Weight	Weight	Weight	Weight	Weight	Weight	Weight
1	Upright row, SZ-bar	4 × 8							
2	Shrugs, dumbbells	4 × 8							
3	Crunches	3 × 12							
	Hyperextensions	3 × 12							
4	Biceps curls with barbell	4 × 8							
	French press (skullcrusher) SZ-bar	4 × 8							
5	Biceps curl with cable	3 × 12							
	Triceps extensions on cable	3 × 12							
6	Sitting calf raises	4 × 15							
	Standing calf raises	4 × 15							

Friday: Legs, abs

Date									
Nr.	Exercise	Reps	Weight	Weight	Weight	Weight	Weight	Weight	Weight
1	Leg press on hackenschmidt machine	4 × 8							
2	Leg curls (standing)	4 × 8							
3	Leg presses (wide)	3 × 12							
4	Crunches on machine	4 × 15							