

WORKOUT PLAN

DESIGNED & CREATED BY GYMNASIUM

MONDAY – SHOULDERS & ABS

- 1a) Standing Barbell Press 4 x 10 reps
- 1b) Standing Single DB Press 4 x 10 reps
- 2a) Cable Side Raise 3 x 12 reps
- 2b) DB Side Raise 3 x 12 reps
- 3a) Cable Front Raise 3 x 15 reps
- 3b) Kettle bell Front Raise 3 x 15 reps
- 4a) Machine Rear Delt Fly 3 x 15 reps
- 4b) Cable Rear Delt Fly 3 x 15 reps
- 5) Battle Rope 3 x 20-30 sec

ABS

- 1a) Incline Crunch with Bar 3 x 10 reps
- 1b) Hanging Knee raise 3 x 15 reps
- 2a) Rope Crunches 3 x 15
- 2b) Laing Leg raise (with stability ball) 3 x 12
- 3) Russian Ball Twist 3 x 15/side
- 4) Oblique Side Crunch 3 x 15/side

TUESDAY – ARMS / PLANKS / HIIC

- 1a) Barbell Curl 3 x 12 reps
- 1b) Barbell Preacher Curl 3 x 12 reps
- 2a) Barbell Skull Crusher 3 x 12 reps
- 2b) DB Overhead Ext 3 x 12 reps
- 3a) Cable Curl 3 x 15 reps
- 3b) Cable Conc. Curl 3 x 15 reps
- 4a) Rope Triceps Press down 3 x 15 reps
- 4b) Rope Overhead Ext 3 x 15 reps
- 5a) Barbell Wrist Curl (Overhand) 4 x 15 reps
- 5b) Barbell Wrist Curl (Underhand) 4 x 15 reps

PLANKS 3 x 120 sec hold

HIIC – SPRINT

20mins Running – 30sec on (run) & 30sec off (stop)

GET RIPPED

WEDNESDAY – BACK

- 1a) Rope Pull down 3 x 12
- 1b) Rope Rows 3 x 12
- 2) Single Hand Lat Pull down 3 x 12
- 3a) Cable Bar Rows 3 x 12
- 3b) DB Rows 3 x 12
- 4) Barbell Shrugs (Drop Set) 3 x 8
- 5) Hyper Extension (Drop Set) 3 x 8

THURSDAY – CHEST / ABS / HIIC

- 1a) Barbell Press 4 x 12
- 1b) Cable Fly 4 x 12
- 2a) Machine or DB Incline Press 4 x 12
- 2b) Decline Dips 4 x 8-10
- 3) DB Press on Stability Ball 3 x 12
- 4) Plyo Push-ups (on Medicine Ball) 3 x 8-12

FRIDAY – LEGS / PLANKS

- 1). Barbell Squat 3 x 12
- 2). Barbell Split Squat 3 x 12
- 3). Barbell Deadlift 3 x 12
- 4a) Single Leg Press 3 x 12
- 4b) Laying Leg Curl 3 x 12
- 5). Box Jump 3 x 12
- 6). Calf Press on Leg Press Machine 3 x 12

SATURDAY – FOAM ROLLING / SLOW C

Foam Rolling every muscle for 30sec

Slow Cardio – Cycling or Incline Walk
For 30 mins

GET RIPPED