**4 WEEK ECTOMORPHIC PROGRAM**

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| **Week 1 Day 1: Chest, Abs** | **Sets** | **Reps** |
| **Pushups** | **5** | **10** |
| **Dumbbell Bench Press** | **3** | **10** |
| **Incline Dumbbell Press** | **3** | **10** |
| **Dumbbell Flyes** | **3** | **12** |
| **Exercise Ball Crunches** | **4** | **10** |
| **Decline Dumbbell Bench Press** | **3** | **10** |

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| **Week 1 Day 2: Back, Shoulders, Abs** | **Sets** | **Reps** |
| **Pullups** | **5** | **5** |
| **Lateral Raises** | **3** | **10** |
| **Seated Cable Rows** | **3** | **10** |
| **Dumbbell Shoulder Press** | **3** | **10** |
| **Hanging Leg Raises** | **4** | **10** |

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| **Week 1 Day 3: Rest** |

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| **Week 1 Day 4: Legs, Traps, Chest** | **Sets** | **Reps** |
| **Leg Extensions** | **3** | **12** |
| **Hack Squat** | **3** | **8** |
| **Barbell Squat** | **3** | **8** |
| **Lateral Raises** | **3** | **10** |
| **Incline Dumbbell Flyes** | **3** | **12** |

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| **Week 1 Day 5: Rest** |

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| **Week 1 Day 6: Arms** | **Sets** | **Reps** |
| **Triceps Rope Pushdown** | **3** | **12** |
| **Cable Curl** | **3** | **12** |
| **Skull Crushers** | **3** | **10** |
| **Preacher Curls** | **3** | **10** |
| **Forearm Curls** | **3** | **12** |

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| **Week 1 Day 7: Rest** |

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| **Week 2 Day 8: Chest, Abs** | **Sets** | **Reps** |
| **Pushups** | **5** | **15** |
| **Incline Bench Press** | **3** | **10** |
| **Bench Press** | **3** | **10** |
| **Barbell Pullover** | **3** | **8** |
| **Exercise Ball Crunches** | **5** | **10** |

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| **Week 2 Day 9: Back, Shoulders, Abs** | **Sets** | **Reps** |
| **Military Press** | **3** | **8** |
| **Dumbbell Rows** | **3** | **10** |
| **Lateral Raises** | **3** | **10** |
| **Lat Pulldowns** | **3** | **10** |
| **Hanging Leg Raises** | **5** | **10** |

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| **Week 2 Day 10: Rest** |

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| **Week 2 Day 11: Legs, Traps** | **Sets** | **Reps** |
| **Barbell Squat** | **3** | **8** |
| **Stiff-Legged Deadlift** | **3** | **10** |
| **Leg Press** | **3** | **10** |
| **Lateral Raises** | **3** | **10** |
| **Leg Extensions** | **3** | **12** |

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| **Week 2 Day 12: Rest** |

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| **Week 2 Day 13: Arms** | **Sets** | **Reps** |
| **Hammer Curls** | **3** | **10** |
| **Triceps Dips** | **3** | **10** |
| **Dumbbell Curls** | **3** | **10** |
| **Seated Triceps Press** | **3** | **10** |
| **Forearm Curls** | **3** | **10** |

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| **Week 2 Day 14: Rest** |

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| **Week 3 Day 15: Chest, Abs** | **Sets** | **Reps** |
| **Pushups** | **5** | **20** |
| **Incline Dumbbell Press** | **3** | **10** |
| **Dumbbell Flyes** | **3** | **12** |
| **Incline Dumbbell Flyes** | **3** | **12** |
| **Decline Bench Press** | **3** | **10** |
| **Hanging Leg Raises** | **5** | **10** |

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| **Week 3 Day 16: Legs, Biceps, Traps** | **Sets** | **Reps** |
| **Leg Extensions** | **3** | **12** |
| **Cable Curls** | **3** | **10** |
| **Hack Squat** | **3** | **8** |
| **Barbell Squat** | **3** | **8** |
| **EZ-Bar Curls** | **3** | **10** |
| **Lateral Raises** | **3** | **10** |

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| **Week 3 Day 17: Rest** |

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| **Week 3 Day 18: Back, Shoulders, Triceps** | **Sets** | **Reps** |
| **Pullups** | **5** | **7** |
| **Lateral Raises** | **3** | **10** |
| **Triceps Pushdowns** | **3** | **12** |
| **Seated Cable Rows** | **3** | **10** |
| **Dumbbell Shoulder Press** | **3** | **10** |
| **Skullcrushers** | **3** | **10** |

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| **Week 3 Day 19: Rest** |

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| **Week 3 Day 20: Abs, Cardio** | **Sets** | **Reps** |
| **Jump Rope - 5 minutes** | **-** | **-** |
| **Crunches** | **3** | **20** |
| **Lying Leg Raises** | **3** | **15** |
| **Reverse Crunches** | **3** | **15** |
| **Burpees** | **5** | **10** |
| **Exercise Bike - 15 minutes** | **-** | **-** |

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| **Week 3 Day 21: Rest** |

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| **Week 4 Day 22: Chest, Biceps, Abs** | **Sets** | **Reps** |
| **Pushups** | **3** | **20** |
| **Incline Barbell Press** | **3** | **10** |
| **Bench Press** | **3** | **10** |
| **Hammer Curls** | **3** | **10** |
| **Dumbbell Curls** | **3** | **10** |
| **Lying Leg Raises** | **5** | **20** |

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| **Week 4 Day 23: Rest** |

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| **Week 4 Day 24: Legs, Traps, Forearms** | **Sets** | **Reps** |
| **Barbell Squat** | **3** | **8** |
| **Stiff-Legged Deadlifts** | **3** | **10** |
| **Leg Press** | **3** | **10** |
| **Front Dumbbell Raises** | **3** | **10** |
| **Forearm Curls** | **3** | **12** |

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| **Week 4 Day 25: Rest** |

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| **Week 4 Day 26: Back, Shoulders, Triceps** | **Sets** | **Reps** |
| **Dips** | **3** | **12** |
| **Military Press** | **3** | **8** |
| **One-Arm Dumbbell Rows** | **3** | **10** |
| **Seated Triceps Press** | **3** | **10** |
| **Lat Pulldown** | **3** | **12** |

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| **Week 4 Day 27: Rest** |

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| **Week 4 Day 28: Abs, Cardio** | **Sets** | **Reps** |
| **Jump Rope - 7 minute** | **-** | **-** |
| **Crunches** | **5** | **20** |
| **Lying Leg Raises** | **3** | **10** |
| **Reverse Crunches** | **5** | **15** |
| **Burpees** | **3** | **15** |
| **Jump Squats** | **3** | **10** |