**4 WEEK ENDOMORPHIC PROGRAM**

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| **Week 1 Day 1: Back/Bicep** | **Sets** | **Reps** |
| **Bent Over Two-Dumbell Row** | **3** | **15** |
| **Underhand Pullups** | **3** | **12** |
| **Standing Barbell Curl** | **3** | **15** |
| **Dumbbell Alternate Bicep Curl** | **3** | **12** |
| **Elliptical Trainer or Exercise Bike - 25 minutes** | **-** | **-** |

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| **Week 1 Day 2: Chest/Shoulders/Triceps** | **Sets** | **Reps** |
| **Bench Press** | **3** | **12** |
| **Incline Flyes** | **2** | **12** |
| **Seated Dumbbell Press** | **3** | **12** |
| **Dumbbell Side Laterals** | **3** | **15** |
| **Triceps Extension** | **3** | **15** |
| **Bench Dips** | **3** | **12** |

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| **Week 1 Day 3: Cardio** |
| **Elliptical Trainer or Exercise Bike - 45 minutes** |

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| **Week 1 Day 4: Legs** | **Sets** | **Reps** |
| **Squats** | **3** | **12** |
| **Dumbbell Lunges** | **3** | **12** |
| **Leg Curls** | **3** | **12** |
| **Stiff-LEgged Barbell Deadlift** | **3** | **12** |
| **Seated Calf Raise** | **3** | **12** |

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| **Week 1 Day 5: Back/Bicep** | **Sets** | **Reps** |
| **Underhand Pull-Up** | **3** | **12** |
| **Bent Over Dumbbell Row** | **3** | **12** |
| **Hyperextensions** | **3** | **12** |
| **Concentration Curls** | **3** | **12** |
| **Preacher Curls** | **3** | **12** |

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| **Week 1 Day 6: Rest** |

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

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| **Week 2 Day 8: Legs** | **Sets** | **Reps** |
| **Leg Press** | **4** | **12** |
| **Leg Extension** | **6** | **15** |
| **Seated Leg Curl** | **4** | **15** |
| **Seated Calf Raise** | **6** | **15** |

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| **Week 2 Day 9: Cardio** | **Sets** | **Reps** |
| **Exercise Bike - 25 minutes** | **-** | **-** |
| **Treadmill - 15 minutes** | **-** | **-** |

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

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| **Week 2 Day 11: Chest/Shoulders/Triceps** | **Sets** | **Reps** |
| **Bench Press** | **3** | **12** |
| **Incline Flyes** | **3** | **12** |
| **Bent Over Side Laterals** | **3** | **12** |
| **Seated Dumbbell Press** | **3** | **12** |
| **Dips** | **3** | **12** |

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| **Week 2 Day 12: Intense Cardio** | **Sets** | **Reps** |
| **Outdoor sprints - 35 minute** | **-** | **-** |

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| **Week 2 Day 13: Legs** | **Sets** | **Reps** |
| **Barbell Squat** | **3** | **12** |
| **Dumbbell Lunges** | **3** | **12** |
| **Seated Leg Curl** | **3** | **12** |
| **Straight Leg Barbell Deadlift** | **3** | **12** |
| **Seated Calf Raise** | **4** | **15** |

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

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| **Week 3 Day 15: Cardio** | **Sets** | **Reps** |
| **Exercise Bike - 20 minutes warm-up** | **-** | **-** |
| **Outdoor Sprints - 30 minutes** | **-** | **-** |

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| **Week 3 Day 16: Chest/Shoulders/Triceps** | **Sets** | **Reps** |
| **Dumbbell Bench Press** | **3** | **12** |
| **Flat Bench Flyes** | **3** | **12** |
| **Dumbbell Side Laterals** | **3** | **12** |
| **Seated Barbel Press** | **3** | **12** |
| **Triceps Pushdown** | **3** | **12** |

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

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| **Week 3 Day 18: Cardio** | **Sets** | **Reps** |
| **Step Master - 45 minutes** | **-** | **-** |

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| **Week 3 Day 19: Back & Biceps** | **Sets** | **Reps** |
| **Bent Over Barbell Row** | **3** | **12** |
| **Underhand Pulldowns** | **3** | **12** |
| **Barbell Deadlift** | **3** | **12** |
| **Dumbbell Alternate Bicep Curl** | **3** | **12** |
| **Preacher Curl** | **3** | **12** |

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| **Week 3 Day 20: Chest/Triceps/Shoulders** | **Sets** | **Reps** |
| **Incline Bench Press** | **3** | **12** |
| **Peck Deck** | **3** | **12** |
| **Bent Over Dumbbell Side Laterals** | **3** | **12** |
| **Seated Dumbbell Press** | **3** | **12** |
| **Bench Dips** | **2** | **12** |

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

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| **Week 4 Day 22: Legs** | **Sets** | **Reps** |
| **Leg Press** | **3** | **12** |
| **Leg Extensions** | **3** | **12** |
| **Seated Leg Curl** | **3** | **12** |
| **Straight Leg Dumbbell Deadlift** | **3** | **12** |
| **Seated Calf Raise** | **3** | **15** |

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| **Week 4 Day 23: Back & Bicep** | **Sets** | **Reps** |
| **Bent Over Two-Dumbbell Row** | **3** | **12** |
| **Dumbbell Deadlift** | **3** | **12** |
| **Hyperextensions** | **5** | **15** |
| **Concentration Curls** | **3** | **12** |
| **Alternating Hammer Curl** | **3** | **12** |

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| **Week 4 Day 24: Rest** |

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| **Week 4 Day 25: Intense Cardio** | **Sets** | **Reps** |
| **Outdoor Sprints - 30 minutes** | **-** | **-** |
| **Burpees** | **5** | **20** |

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| **Week 4 Day 26: Legs** | **Sets** | **Reps** |
| **Squats** | **3** | **12** |
| **Dumbbell Lunges** | **3** | **12** |
| **Seated Leg Curl** | **3** | **12** |
| **Seated Calf Raise** | **3** | **15** |
| **Standing Calf Raise** | **5** | **15** |

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

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| **Week 4 Day 28: Cardio** | **Sets** | **Reps** |
| **Exercise Bike - 10 minutes warmup** | **-** | **-** |
| **Outdoor Run - 5 miles** | **-** | **-** |