

## Workout Routine

### **CARDIO** – M to F

Mile Run – 8 mph

Exercise Bike – fast for 4 mins/slow for 1 min for 25 mins total. Gradually increase resistance.

Octane Lateral Elliptical – narrow mode for 10 mins/rest for 2 mins. Gradually increase level.

Octane Lateral Elliptical – wide mode for 10 mins/rest for 2 mins. Gradually increase level.

Mile (or more) Run – 8 mph

Sit-ups – 5 sets/20 reps

### **WEIGHTLIFTING** – M, W, F (3 times a week)

#### **How 5/3/1 Works**

You train 3 – 4 times per week.

You perform one of four workouts on your training days:

#### **Workout A**

Squat and assistance work.

#### **Workout B**

Bench Press and assistance work.

#### **Workout C**

Deadlift and assistance work.

#### **Workout D**

Military Press and assistance work.

#### **Wave A**

Warmup, 75% x 5, 80% x 5, 85% x 5

#### **Wave B**

Warmup, 80% x 3, 85% x 3, 90% x 3

#### **Wave C**

Warmup, 75% x 5, 85% x 3, 95% x 1

#### **Wave D**

Deload wave – 60% x 5, 65% x 5, 70% x 5

And here's how it looks for a 3-day split:

#### **3 Days Per Week**

<b>Week</b>	<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
1	Squat – A	Bench Press – A	Deadlift – A
2	Mil Press – A	Squat – B	Bench Press – B
3	Deadlift – B	Mil Press – B	Squat – C
4	Bench Press – C	Deadlift – C	Mil Press – C

- |   |               |                 |              |
|---|---------------|-----------------|--------------|
| 5 | Squat – D     | Bench Press – D | Deadlift – D |
| 6 | Mil Press – D |                 |              |

**Weight x Reps x .0333 + Weight = Estimated 1RM**

**Warm-Up Set #1**

**40% of your 1RM x 5**

**Warm-Up Set #2**

**50% of your 1RM x 5**

**Warm-Up Set #3**

**60% of your 1RM x 3**

**You rest for 60-90 seconds in between each warm-up set.**

**Squat Day**

Hack Squat: 4 sets of 10-20 reps  
Leg Extensions: 4 sets of 10-30 reps  
Leg Curls: 4 sets of 10-15 reps  
Weighted Sit-ups: 4 sets of 10 reps

or

Leg Press – 4 sets of 10-20 reps  
Leg Extensions – 4 sets of 10-30 reps  
Leg Curls – 4 sets of 10-15 reps  
Weighted Sit-ups – 4 sets of 10 reps

**Bench Press Day**

DB Bench Press: 4 sets of 10-20 reps  
Dips (weighted): 4 sets of 8-15 reps  
Fly's: 4 sets of 12 reps  
Triceps Pushdowns: 4 sets of 10-20 reps

or

DB Incline Press – 4 sets of 10-20 reps  
Dips (weighted) – 4 sets of 8-15 reps  
Fly's – 4 sets of 12 reps  
Triceps Extensions – 4 sets of 10-20 reps

**Deadlift Day**

Chins: 4 sets of 10-12 reps  
DB Rows: 4 sets of 15 reps/arm  
Back Raises: 4 sets of 10 reps (with bar behind neck)  
Hanging Leg Raises: 4 sets of 15 reps

or

Lat Pulls – 4 sets of 10-12 reps  
Bent Over Rows – 4 sets of 15 reps/arm  
Reverse Hyperextensions – 4 sets of 12 reps  
Hanging Leg Raises – 4 sets of 15 reps

**Military Press Day**

DB Military Press: 4 sets of 10 reps  
Upright Rows: 4 sets of 10 reps  
Side Laterals: 4 sets of 10-15 reps  
Barbell Curls: 4 sets of 10 reps

or

Hammer Machine Military – 4 sets of 10 reps  
Rope Upright Rows – 4 sets of 10 reps  
Rear Laterals – 4 sets of 10-15 reps  
DB Curls – 4 sets of 10 reps

Next day workout (NDW) after Workout D: May do a light cardio with ab routine.

Planks – 5 sets of 10/20 secs

Dead Bug – 5 sets of 14 reps

Dog-Bird – 5 sets of 14 reps

Hollow Extension to Cannonball – 5 sets of 14 reps

Dumbbell Side Bend – 5 sets of 12 reps

Barbell Back Squat – 5 sets of 12 reps

**OTHER – Sat**

Mile Run – 10-pound weight vest

Jump Rope – 10 mins

10 pullups

10 chinups

20 dips

25 jump squats

20 pushups

50 crunches

10 burpees

**REST on Sun – DO NOTHING!!!**