Workout Routine

**CARDIO** – M to F

Mile Run – 8 mph

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

Octane Lateral Elliptical – narrow mode for 10 mins/rest for 2 mins

Octane Lateral Elliptical – wide mode for 10 mins/rest for 2 mins

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**

Unload 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** | | | |
| **Week** | **Monday** | **Wednesday** | **Friday** |
| 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 wave 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

Outside Mile Run – 10-pound weight vest

Jump Rope – 10 mins

REST on Sun – DO NOTHING!!!