Workout plan

Below you will find a detailed version of your personal workout:

# Day 1

|  |  |
| --- | --- |
| No Crt | Exercise Name |
| 1 | Barbell Bench Press |
| 2 | Low-Incline Barbell Bench Press |
| 3 | Machine Decline Press |
| 4 | Cable Fly |
| 5 | Lateral Raise |
| 6 | Bent over reverse fly |
| 7 | Close-Grip Bench Press |
| 8 | EZ-Bar Skullcrusher |
| 9 | Single-Arm Cable Push-Down |

# Day 2

|  |  |
| --- | --- |
| No Crt | Exercise Name |
| 1 | Deadlift |
| 2 | Lat pull-down |
| 3 | Close-Grip Pull-Down |
| 4 | Seated Cable Row w/ Pause |
| 5 | Dumbbell Single Arm Row |
| 6 | Standing Hammer Curls |
| 7 | Seated Alternating Dumbbell Curls |
| 8 | Preacher Curl |
| 9 | Farmers Carry |
| 10 | Face Pull |

# Day 3

|  |  |
| --- | --- |
| No Crt | Exercise Name |
| 1 | Leg press |
| 2 | Bodyweight lunges |
| 3 | Leg extensions |
| 4 | Leg curls |
| 5 | Calf Extensions |

This particular workout split is made in order to first get you used to the volume during the first 3 weeks. As you can see, you only have 3 workout days. Once you get accustomed to it, in the final 4 weeks the volume and frequency will go up to 5 workouts a week. Really important, whenever you can increase weights from one workout to another, do it, as long as you are doing the amount of reps and sets with proper form. Progress is CRUCIAL

Before starting the workout do not forget to warm yourself up. You can try the following: march on the spot: keep going for 3 minutes, heel digs: aim for 60 heel digs in 60 seconds, knee lifts: aim for 30 knee lifts in 30 seconds, shoulder rolls: 2 sets of 10 repetitions, knee bends: 10 repetitions.

For LOOSING WEIGHT you will have to workout in the following order: you have to execute the workout above in a fast manner, with low weights and a high number of reps.

For each exercise you have to do 4 SETS and between 14 to 16 REPS.

Try to do the exericses in an intense manner so that you will burn more calories.

Before starting the workout to a 30 min set of bicycle run.