

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Legs	HIIT	Arms	Weighted HIIT	Legs
Arms	HIIT	Legs	Weighted HIIT	Arms
Legs	HIIT	Arms	Weighted HIIT	Legs
Arms	HIIT	Legs	Weighted HIIT	Arms
Legs	HIIT	Arms	Weighted HIIT	Legs
Arms	HIIT	Legs	Weighted HIIT	Arms

LEGS

Once a week:

Squats 5x5

Lunge 5x5

Deadlift 5x5

Hacksquat 5x5

LegPress 5x5

Hip abductors 3x10

Twice a week:

Day 1:

Squats 4x10

Lunges 4x10

Bulgarian Splits 4x10

Hip thrusts 4x10

Good mornings 4x10

Day 2:

Deadlift 4x10

Leg Press 4x10

Calf raises 4x10

Leg curls 4x10

Hip abductors 4x10

ARMS

Once a week:

Shoulder Press 5x5

Curls 5x5

Pull ups 5x5

Bench Press 5x5

Fly 5x5

Twice a week:

Day 1:

Dips 4x10

Military Press 4x10

One arm bent over row 4x10

Push ups 4x10

Lat pull down 4x10

Day 2:

Barbell row 4x10

Stiff legged deadlift 4x10

Curls 4x10

Shoulder Press 4x10

Pull ups 4x10

PROGRESS: 9/24/2018

Exercise	Start	Progress	Goal
Shoulder Press 5x5	40		
Curls 5x5	30		
Pull ups	0		
Bench Press 5x5	55		
Fly 5x5	35		
Dips 4x10	0		
Military Press 4x10	40		
One arm bent over row 4x10	45		
Push Ups 4x10	0		
Lat pull down 4x10	70		
Barbell row 4x10	60		
Stiff legged deadlift 4x10	65		
Curls 4x10	20		
Shoulder Press	30		

Exercise	Start	Progress	Goal
Squats 5x5	120	135	150
Lunges 5x5	60	95	80
Deadlift	65	115	100
Hacksquat 5x5	90	90	120
Hip adductors 5x5	50	50	70
Squats 4x10	100		120
Lunges 4x10	60		70
Bulgarian Splits 4x10	40	45	60
Good mornings 4x10	45	85	45
Deadlift 4x10	65		80
Leg Press 4x10	180	165	220
Calf raises 4x10	60	60	100
Leg curls 4x10	25	25	40
Hip adductors	50	50	70