

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

# START: 8/23/2018

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