Name:

Quads/Glutes

		W	eek 1	W	eek 2	We	eek 3
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight
	"	25		25		25	
Leg	Machine	20		20		20	
Extensions		15		15		15	1
Dook Squat	,	25		25		25	
Back Squat	Barbell	20		20		20	
or Box Squat		15		15		15	
Malkina	Dumbbells	25 each		25 each		25 each	
Walking	or	20 each		20 each		20 each	
Lunges	bodyweight	15 each		15 each		15 each	
Ctandina	Dumbbell or	25		25		25	
Standing		20		20		20	
Calf Raises	machine	15	141	15		15	
Cluba		25 ea		25 eq		25 ea	
Glute	Cable	20 ea		20 €a		20 ea	
Kickbacks		15 ea		15 <i>e</i> a		15 <i>e</i> a	

Name:

Upper Body 1

		W	eek 1	W	eek 2	W	eek 3
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight
Bench Press	Barbell or	25		25		25	
or Chest	Machine	20		20		20	
Press	Machine	15		15		15	
		25		25		25	
Rows	Bar or Cable	20		20		20	
		15	4	15		15	,
Shoulder	Straight bar or Machine	25		25		25	
		20		20		20	3
Press		15		15		15	
Incline	Barbell or	25		25		25	
¥7	Incline Press	20		20	9	20	
Bench	Machine	15	1	15	21 4	15	
Lat	Cable or	25		25		25	
Lat	Machine	20		20	4.	20	
Pulldowns	Machine	15		. 15		15	
Chauldar		25		25		25	38
Shoulder	Dumbbells	20		20	, ,	20	
Flyes		15	κ.	15		15	

Name:

Hamstrings/Glutes

		W	eek 1	₩€	eek 2	We	ek 3
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight
l la us atuin a		25	-	25		25	
Hamstring	Machine	20		20		20	
Curls		15		15		15	
Dumbbell		25		25		25	
Stiff Leg	Dumbbells	20		20		20	
Deadlift		15		15		15	,
Ctanding	Machine or Dumbbells	25		25		25	
Standing		20		20	-	20	
Calf raises		15		15		15	¥
	Glute Ham	25	-	25		25	2
GHD's	Developer	20	-	20		20	
*	Developer	15		15		15	
		15		15		15	
Ball Pull-ins	Stability Ball	15		15		15	
		15		15		15	
Glute		25 ea		25 <i>e</i> a		25 ea	
	Cable	20 ea		20 ea		20 ea	Ĭ
Kickbacks		15 eq	16	15 ea	v.	15 ea	

Name:

Upper Body 2

		W	eek 1	Week 2		Week 3	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight
Dumbbell	DD or	25		25		25	
Bench or	DB or Machine	20		20		20	
Chest Press	iviachine	15		15		15	
		25		25		25	
Rows	Bar or Cable	20		20		20	
	5 2	15		15		15	
Shoulder	Dumbbells	25		25		25	*
	NAC	20		20		20	
Press	or Machine	15		15		15	
Tuisan Dana	Rope	25		25		25	
Tricep Rope		20		20		20	
Pushdowns		15		15		25 20 15 25 20	
Ctualabt Day	Straight Bar	25		25		25	
Straight Bar		20		20		20	
Curls		15		15	7	15	
Incline	DD av	25		25		25	
Dumbbell	DB or	20		20		20	
Press	Machine	15		15		15	
Neutral Lat	Coble	25		25		25	
	Cable or	20		20		20	
Pulldowns	Machine	15		15		15	
Lataval	z.	25	*	25		25	
Lateral	Dumbbells	20		20		20	
Raises		15		15		15	ži.

Name:

Glutes

		W	eek 1	W	eek 2	We	eek 3
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight
<b>ABD/ADD</b>		25 each	f .	25 each		25 each	
ABD/ADD machine	Machine	20 each		20 each		20 each	
machine	,	15 each		15 each	9	15 each	
Llin		25	252410	25		25	
Hip Thrusters	Bar	20		20		20	
inrusters		15		15		15	
1-foot glute		20 each		20 each		20 each	
bridges	Bodyweight	20 each		20 each		20 each	
bridges		20 each		20 each		20 each	
Glute		25 ea		25 ea		<b>25</b> ea	
Kickbacks	Cable	20 ea		20 ea		20 ea	
NICKDACKS		15 ea		15 ea		15 <i>e</i> a	
Cton Unc	Dumbbells	25 each	1	25 each		25 each	
Step-Ups	or	20 each		20 each		20 each	
onto Bench	bodyweight	15 each		15 each		15 each	

Name:

Quads/Glutes

		W	eek 4	W	eek 5	W	eek 6
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight
Loc		12		12		12	
Leg	Machine	10		10		10	
Extensions		8		8		Reps 12	
Pools Count		12		12		12	
Back Squat	Barbell	10		10		10	
or Box Squat		8		8		8 12 10 8 12 each 10 each 8 each 12 10	
Walking	Dumbbells	12 each		12 each		12 each	
Walking		10 each		10 each	9	10 each	
Lunges		8 each		8 each		Reps 12 10 8 12 10 8 12 10 8 12 each 10 each 8 each 12 10 8 12 each 10 each	
Ctondina	Dumbbell or	12		12		12	
Standing Calf Raises	machine	10		10		10	•
Call Raises	machine	8		8		Reps 12 10 8 12 10 8 12 10 8 12 each 10 each 8 each 12 10 8 12 each 10 each	
Cluto		12 each		12 each		12 each	
Glute Kickbacks	Cable	10 each		10 each		10 each	
NICKDACKS		8 each		8 each		8 each	

Name:

		Upper Body 1						
		W	eek 4	W	eek 5	W	eek 6	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	
Bench Press	Press	12		12		12		
or Chest	Barbell or Machine	10		10		10		
Press	Iviaciline	8		8		8		
4		12		12		12		
Rows	Bar or Cable	10		10		10	*	
		8		8		8		
Shoulder	Ctraight has	12		12		12		
	Straight bar or Machine	10		10		10		
Press	or Machine	8 -		8		8		
Inclina	Barbell or	12	0	12		12		
Incline	Incline Press	10		10		10		
Bench	Machine	8		8		Reps 12 10 8 12 10 8 12 10 8 12 10 8 12 10		
l at	Cabla or	12		12		12		
Lat	Cable or	10		10		10		
Pulldowns	Machine	8		8		8		
Chaulden		12		12		12		
Shoulder	Dumbbells	10		10		10		
Flyes		8		8		8		

Name:

Hamstrings/Glutes

		W	eek 4	. W	eek 5	, W	eek 6
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight
Homstring		12		12		12	
Hamstring Curls	Machine	10		10		10	
Curis	3 .	8		8		Reps 12	
Dumbbell		12		12		12	2
Stiff Leg	Dumbbells	10		10		10	
Deadlift		8		8	-	8	1
Ctanding	Machine or Dumbbells	12		12		12	4
Standing Calf raises		10		10		10	
Call Taises	Dullibbells	8		8		8	
	Glute Ham	12		12		12	,
GHD's		10		10		10	N.
	Developer	8		8		Reps 12 10 8 12 10 8 12 10 8 12 10 8 12 10 5 11 10 8 15 15 15 12 each 10 each	
		15		15		15	
Ball Pull-ins	Stability Ball	15		15		15	.,
		15		15		15	
Cluto		12 each		12 each	4	12 each	
Glute	Cable	10 each		10 each		10 each	
Kickbacks		8 each		8 each	,	8 each	

Name:

			Upper Body 2				
		W	eek 4	W	eek 5	W	eek 6
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight
Dumbbell	DB or	12		12		12	×
Bench or	Machine	10		10		10	
Chest Press	iviaciiiie	8		8	-	8	4
		12		12		12	
Rows	Bar or Cable	10		10		10	
=		8		8		Reps 12 10 8 12	
Shoulder	Dumbbells	12		12		12	
Press	VIII. (1980) 310 W 400 320 1 50 1 600 200 1	10		10		10	
PIESS	or Machine	. 8		. 8	N	8	0
Tricon Pono	Rope	12		12		12	
Tricep Rope Pushdowns		10		10		10	
Pushdowns		8		8		8	
Straight Bar	Straight Bar	12		12		12	,
Curls		10		10		10	
Curis	a	8		8		8	
Incline	DB or	12	9	12		12	
Dumbbell	Machine	10	-	10		10	v
Press	Machine	8		8		8	
Neutral Lat	Cable or	12	(8)	12		12	
Pulldowns		10		10		10	
rulluowiis	Machine	8		8		8	-
Lateral		12		12		12	
CACCOOK SOCIONOS SOCIONIS	Dumbbells	10		10		10	
Raises		8		8		8	

Name:

Glutes

			Olut	.00			
		W	eek 4	W	eek 5	W	eek 6
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight
ABD/ADD		12 each		12 each		12 each	
ABD/ADD	Machine	10 each		10 each		10 each	6
machine		8 each		8 each		8 each 12 10 8 12 each 12 each 12 each	
Llin		12		12		12	
Hip	Bar	10		10		10	
Thrusters		8		8			
	Use	12 each		12 each	,	12 each	
1-foot glute bridges	Dumbbell for	12 each		12 each		12 each	7
	Resistance	12 each		12 each		12 each	
Glute		12 each	1	12 each		12 each	
	Cable	10 each		10 each		10 each	
Kickbacks		8 each		8 each		8 each	
Cton Una		12 each		12 each		12 each	
Step-Ups	Dumbbells	10 each		10 each		10 each	
onto Bench	2	8 each	K.	8 each	2	8 each	

#### **Lifts**

Monday – Quads/Glutes
Tuesday – Upper body 1
Wednesday – Hammies/Glutes
Thursday – Upper body 2
Friday – Glutes
Saturday – Rest
Sunday – Rest

### Cardio/Stretching & Rolling Split

#### Monday

- 10 minutes of 20/20's on the elliptical. For 20 seconds you will move at a vigorous pace then rest and just allow the revolutions of the machine to continue slowly for 20 seconds. Repeat this cycle for 10 minutes.
- 2 sets 20 crunches
- 2 sets 20 Russian twists
- 1 max effort plank
- Stretch & Foam Roll

#### Tuesday

- 10 minute circuit
  - o 20 seconds air squats
  - o 20 seconds jump squats
  - 20 seconds alternating step back lunges
    - Repeat these three exercises in circuit for 10 minutes

#### Wednesday

- 10 minutes stair master
- Stretch & Roll

#### Thursday

- 10 minutes walking on incline treadmill
- 2 sets 10 leg raises
- 2 sets 10 each side standing plate twists
- 2 max effort planks

#### Friday

- 10 minutes treadmill running circuit
  - o Jog for one minute, walk for 30 seconds
    - Repeat this for ten minutes
- Stretch & Roll

#### Sat/Sun - Rest

<sup>\*</sup>If you are trying to lower your body fat percentage, I recommend establishing a moderate caloric deficit, which you can calculate based off the dietary advice sheet I have attached.