

Leroy's Workout Plan

“ * ” = *Preference*

Monday (Chest, Shoulders, Triceps)

Warmup (Emphasize Stretch):

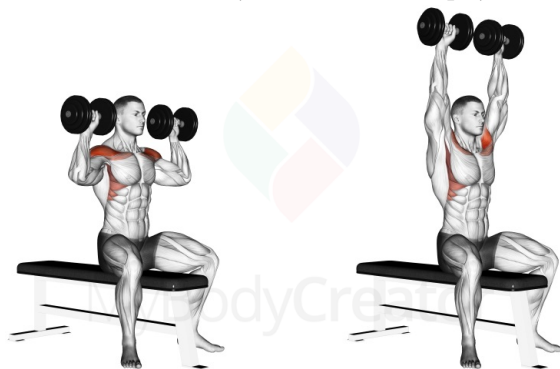
Wide Grip Push Ups



MyBodyCreator

Or

Shoulder Press (2 sets 12-15 reps)



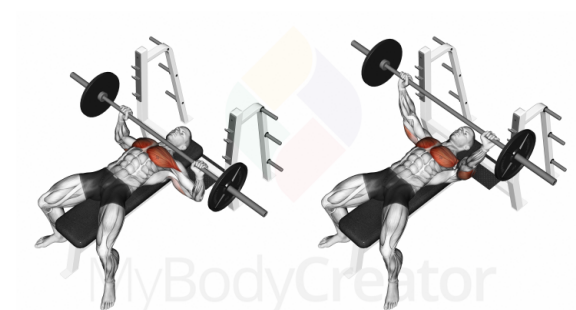
Chest Flys (2 sets 12-15 reps)



Back Rows (2 sets 12-15 reps)

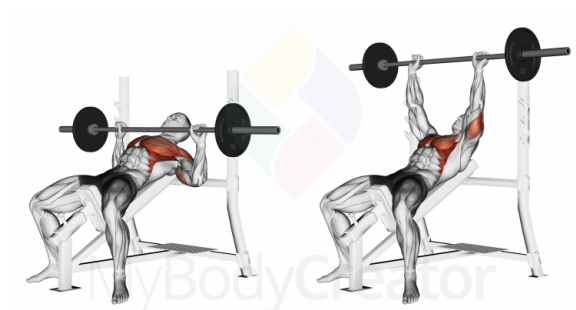


Flat Bench (Barbell* or Dumbbell)



3 sets 6-8 reps

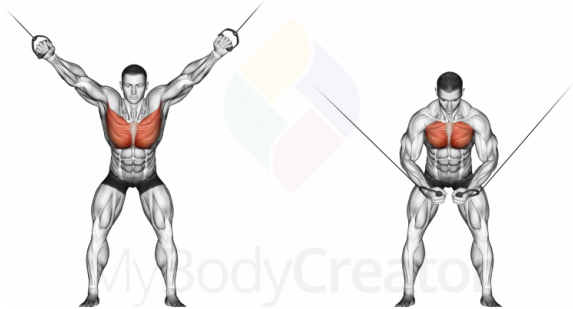
Incline Bench (Barbell, Dumbbell, or Smith Machine*)



3 sets 6-8 reps

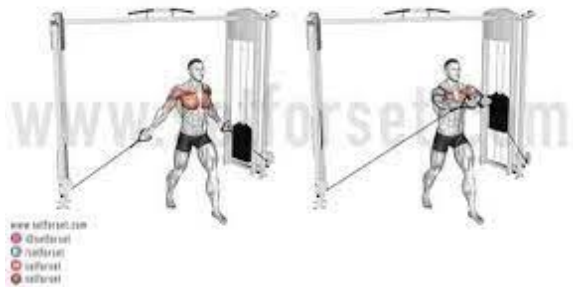
Cable Fly

High-Low



2 sets, 10 reps

Low-High



2 sets, 10 reps

Shoulder Press(Dumbbell* or Smith Machine)

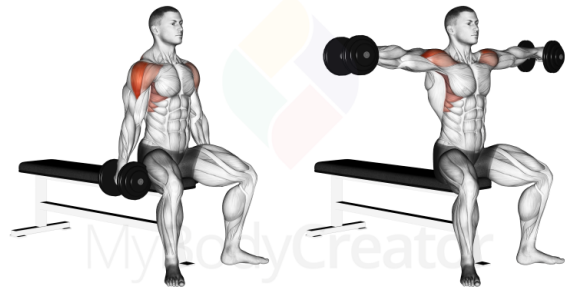
3 sets 6-8 reps



Family 10's

Superset:

Side Raises, 10 reps



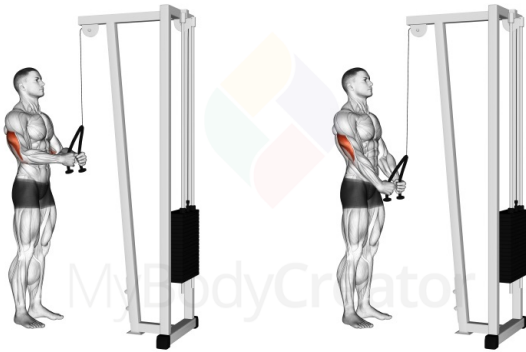
Rear Delt Raises, 10 reps



Single Arm Front Raises, 10 reps

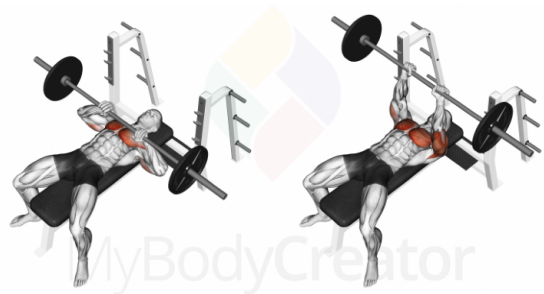


Tricep Extension



3 sets, 6-8 reps

Close Grip (Bench* or Dumbbell)



3 sets, 6-8 reps

Note:

For chest, always squeeze at the top. Never lock your arms out, but at the top of each exercise squeeze your chest.

For shoulders, control the reps, go slow.

For Triceps, when doing a pull exercise pull outward, when doing a compound (Close Grip) go slow and probably lighter weight than you think.

Tuesday (Back, Bicep, Shoulder)

Cable Bar Lateral Pulldown



(2 sets, 10 reps)

Lat Pulldown(Back)



3 sets, 6-10 reps

Seated Row(Back)



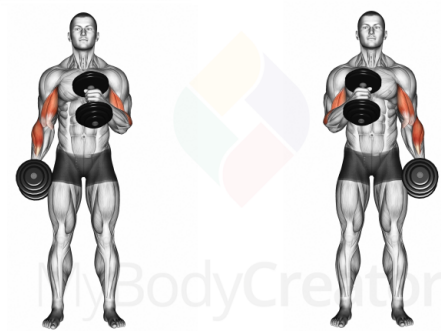
3 sets, 6-12 reps

T-Bar Row(Back)



3 sets, 6-8 reps

Hammer Curls(Bicep)



3 sets, 6-8 reps

Incline Seated Curls(Bicep)



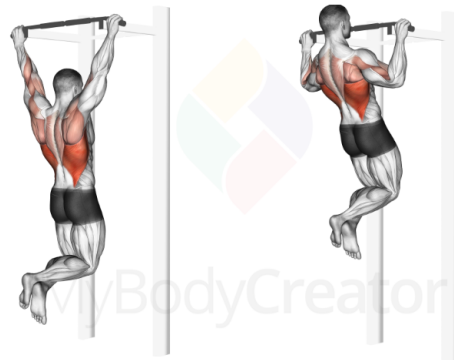
3 sets, 6-8 reps

EZ-Bar Cable Curl(Bicep)



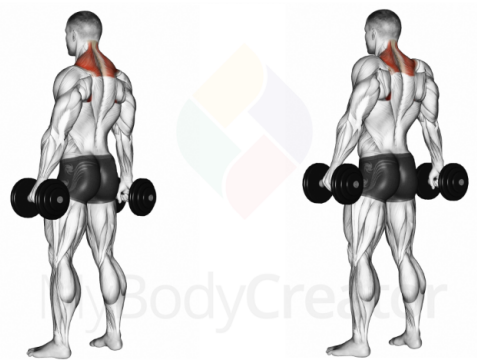
3 sets, Drop Set

Assisted Pull Ups(Back)



3 sets, 10 reps

Trap Shrugs(Dumbbell, Smith Machine*)[Shoulders]



2 sets, 20 reps

Note:

For back, make sure to emphasize the full stretch and squeezing. When you are at the peak of the exercise pinch your shoulder blades together and then return to a relaxed position and continue.

For biceps, focus on curling outward. Up and then out.

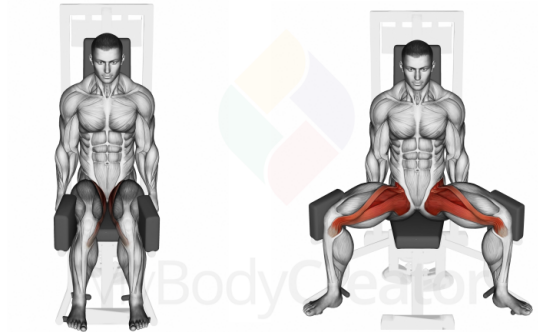
For shoulders, control the reps, go slow and squeeze at the top and relax at the bottom.

Wednesday (Legs, Abs)

Warmup:

STRETCH PLEASE

Hip Abductions



3 sets, drop set

Leg Press



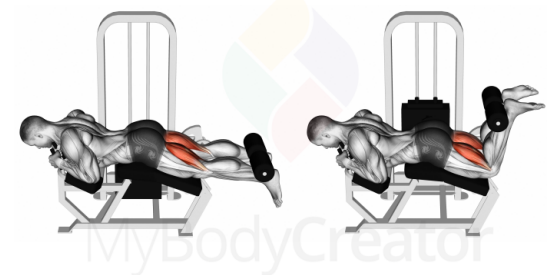
3 sets, 10 reps

Leg Extensions



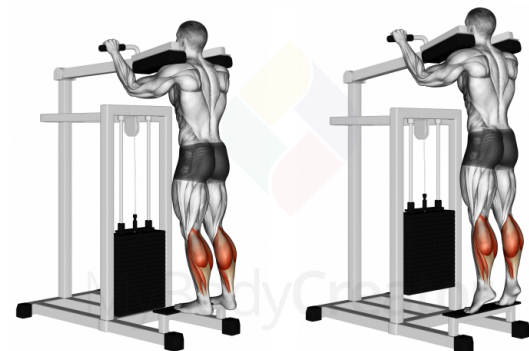
3 sets, 15-10 reps

Hamstring Curls



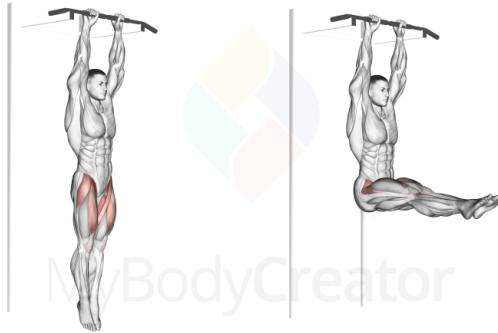
3 sets, 10 reps

Calf Raises



3 sets, 10 reps

Hanging Leg Raises



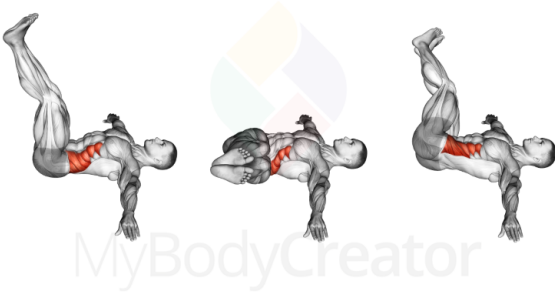
4 sets, 10 reps

Note:

For legs, never lock out your knees, control the movement, and don't overestimate your weight. Do the full range of motion for the exercise (comfortably)

For abs, if hanging avoid swinging. Pause at the bottom and go back up. Try not to buckle

Bent Knee Lying Twist



4 sets, 10 reps