

Muscle Group	Exercise	Reps	Rest
Week 4, 5 & 6			
Day 1 – 10 Minute Cardio Warm-Up			
Chest	Chest Press	8-12 x3	45 Seconds
	Pullovers	8-12 x3	45 Seconds
	Chest Flyers	8-12 x3	45 Seconds
	Decline Press-Ups	8-12 x3	45 Seconds
	Single-Arm Crossover	8-12 x3	45 Seconds
Abs	Ab Crunches	8-12 x1	45 Seconds
10 Minute Warm-Down (Stretches)			
Day 2 – 10 Minute Cardio Warm-Up			
Back	Wide Lat Pull-Down	8-12 x3	45 Seconds
	Seated Row	8-12 x3	45 Seconds
	Single Arm Row	8-12 x3	45 Seconds
Biceps	Preacher Arm Curls	8-12 x2	45 Seconds
	Standing Bicep Curls	8-12 x2	45 Seconds
Abs	Ab Crunches	8-12 x1	45 Seconds
10 Minute Warm-Down (Stretches)			
Day 3 – 10 Minute Cardio Warm-Up			
Legs	Seated Leg Extension	8-12 x3	45 Seconds
	Outer Leg Kick	8-12 x3	45 Seconds
	Leg Curls	8-12 x3	45 Seconds
	Romanian Cable Deadlift	8-12 x3	45 Seconds
	Standing Calf Raises	8-12 x3	45 Seconds
Abs	Ab Crunches	8-12 x1	45 Seconds
10 Minute Warm-Down (Stretches)			
Day 4 – 10 Minute Cardio Warm-Up			
Shoulders	Front Deltoid Raise	8-12 x3	45 Seconds
	Cable Shrugs	8-12 x3	45 Seconds
	Lateral Raises	8-12 x3	45 Seconds
Triceps	Tricep Push-Downs	8-12 x2	45 Seconds
	Tricep Dips	8-12 x2	45 Seconds
Abs	Ab Crunches	8-12 x1	45 Seconds
10 Minute Warm-Down (Stretches)			