



## Thrive: Male Tone Up Plan

### **Day 1 - Chest | Triceps**

*Shoulder warm ups*

*Incline dumbbell press - 2 sets 8 reps*

*Flat bench press - 2 sets 10 reps*

*Machine press - 1 set 8 reps*

*Incline chest fly - 1 set 12 reps*

*Close grip tricep bench - 2 sets 8 reps*

*Skullcrushers - 2 sets 10 reps*

*Rope push downs - 1 set 12 reps*

### **Day 2 - Back | Bis**

*Pull ups for warm up*

*Lat pulldowns - 2 sets 10 reps*

*Barbell rows - 2 sets 8 reps*

*Seated lower back rows - 1 set 8 reps*

*Assisted pull ups - 1 set 12 reps*

*Hammer Curls - 2 sets 8 reps*

*Incline dumbbell curls - 2 sets 10 reps*

*Cable curl - 1 set 12 reps*

### **Day 3 - legs | shoulders**

*Shoulder warm up*

*Seated barbell shoulder press - 2 sets 8 reps*

*Lateral raises - 2 sets 10 reps*

*Hamstring curls for warm ups*

*Hamstring curls - 2 sets 8 reps*

*Squats - 2 sets 10 reps*

*Leg extensions - 2 sets 12 reps*

### **Day 4 - Rest**

**Day 5 - chest and back**

*Incline smith machine press - 2 sets 15 reps*

*Smith machine rows - 2 sets 15 reps*

*Machine flies - 2 sets 12 reps*

*Dumbbell rows - 2 sets 12 reps*

*Flat dumbbell press - 2 sets 15 reps*

*Lat pull downs (chest supported) - 2 sets 15 reps*

**Day 6 - arms**

*Bicep curls - 2 sets 15 reps*

*Tricep push downs rope - 2 sets 15 reps*

*Preacher bicep curls - 2 sets 12 reps*

*Skull crushers - 2 sets 12 reps*

*Hammer curl (front grip) - 1 set 15 reps*

*Overhead cable extension - 1 set 15 reps.*

**Day 7 - shoulders and legs**

*Rear delt flies - 2 sets 20 reps*

*Lateral raises - 2 sets 15 reps*

*1 run the rack set*

*Leg press - 2 sets 15 reps*

*Squats - 2 sets 15 reps*

*Bulgarian dumbbell squats - 2 sets 12 reps*

*Calve raises - 2 sets 25 reps*

**Instructions:**

**Repeat this over 6 weeks.**

*Each week adding either higher weights, more sets and more reps.*