Week 3 Workout Plan

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NB! Ab workouts should be incorporated with targeted workouts every
other day.
Targeted Muscles: Abs
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Circuit – 4 Sets

Sit-ups: 15 – 20

Reverse Crunches: 15 -20 Russian twist: 15 -20

Flutter Kicks: 15 -20 4.

Plank: 1 Minute

Targeted Muscle: Chest, Shoulders & Triceps.

Day: One

Exercises

Set 1: 15 Reps (No Weight)

Incline Barbell Bench Press

Sets 2 to 4: 8 – 10 Reps (Increase weight for each set)

Set: 5: Reps-to failure (Maximum Weight) **Flat Barbell Bench Press**

Sets 1 to 3: 10 – 12 Reps (Increase weight for each set)

Set: 5: Reps-to failure (Maximum Weight)

Seated Barbell shoulder press Sets 1 to 3: 8 – 10 Reps (Increase weight for each set)

Set: 4: Reps-to failure (Maximum Weight) Cable Crossovers – Repeat Sets for (Top Middle and Bottom Pulley)

Sets 1 – 4: 10 – 15 Reps (Increase weight for each set)

Lying Barbell Triceps Extensions - (Skull Crushers) Sets 1 – 4: 12 – 15 Reps (Increase weight for each set)

Triceps Dips – (Weighted Optional)

Sets 1 – 4 Reps to failure

Day: Two Targeted Muscle: Legs.

Exercises Barbell Front Squats

Set 1: 15 – 20 Reps (No Weight)

Sets 2 to 4: 10 – 12 Reps (Increase weight for each set) **Deadlifts**

Sets 1 to 5: 10 – 15 Reps (Increase weight for each set)

Seated Leg Curls

Seated Leg Extensions.

Sets 1 – 4: 10 – 15 Reps (Increase weight for each set)

Sets 1 to 4: 10 – 15 Reps (Increase weight for each set)

Standing Calves Raises Sets 1 – 4: 15 – 20 Reps (Increase weight for each set)

Day: Three

Exercises Pull-Ups

Sets 1 to 4: 10 – 15 Reps (Add Weight – Optional)

Targeted Muscle: Back & Arm

T-bar Row Sets 1 to 5: 10 – 12 Reps (Increase weight for each set)

Lat Pulldowns

Sets 1 to 4: 10 – 15 Reps (Increase weight for each set)

Sets 1 – 4: 10 – 15 Reps (Increase weight for each set)

Dumbbell Rows Sets 1 – 4: 10 – 12 Reps (Increase weight for each set)

Seated Cable Row

Straight bar curls Sets 1 to 4: 10 – 15 Reps (Increase weight for each set)

Alternating hammer curls

Sets 1 to 4: 10 – 15 Reps (Increase weight for each set) **Preacher curls**

Sets 1 to 4: 10 – 15 Reps (Increase weight for each set)

REST OR CARDIO

Exercises

Day: Five

Set 1: 15 Reps (No Weight) Sets 2 to 4: 8 – 10 Reps (Increase weight for each set) Set: 5: Reps-to failure (Maximum Weight)

Targeted Muscle: Chest, Shoulders & Triceps.

Set: 5: Reps-to failure (Maximum Weight) **Seated Barbell shoulder press**

Set: 4: Reps-to failure (Maximum Weight)

Cable Crossovers – Repeat Sets for (Top Middle and Bottom Pulley) Sets 1 – 4: 10 – 15 Reps (Increase weight for each set)

Sets 1 – 4 Reps to failure

Exercises

Barbell Front Squats

Incline Barbell Bench Press

Flat Barbell Bench Press

Lying Barbell Triceps Extensions - (Skull Crushers) Sets 1 – 4: 12 – 15 Reps (Increase weight for each set) **Triceps Dips – (Weighted Optional)**

Sets 1 to 3: 10 – 12 Reps (Increase weight for each set)

Sets 1 to 3: 8 – 10 Reps (Increase weight for each set)

Day: Six Targeted Muscle: Legs.

Sets 2 to 4: 10 – 12 Reps (Increase weight for each set)

Set 1: 15 – 20 Reps (No Weight)

Sets 1 to 4: 10 – 15 Reps (Increase weight for each set) **Seated Leg Extensions.**

Sets 1 – 4: 10 – 15 Reps (Increase weight for each set)

Sets 1 – 4: 15 – 20 Reps (Increase weight for each set)

Sets 1 to 5: 10 – 15 Reps (Increase weight for each set)

Day: Seven **Targeted Muscle: Back & Arm**

Sets 1 to 4: 10 – 15 Reps (Add Weight – Optional)

Exercises

Sets 1 to 5: 10 – 12 Reps (Increase weight for each set)

Sets 1 – 4: 10 – 15 Reps (Increase weight for each set)

Sets 1 to 4: 10 – 15 Reps (Increase weight for each set)

Sets 1 to 4: 10 – 15 Reps (Increase weight for each set)

Sets 1 – 4: 10 – 12 Reps (Increase weight for each set)

Sets 1 to 4: 10 – 15 Reps (Increase weight for each set)

Sets 1 to 4: 10 – 15 Reps (Increase weight for each set)