

S.W.E.A.T Fitness Guide

This workout plan is to help you ALONGSIDE your nutrition to help you achieve the physique that you desire. It's split into 3 days, push, pull and leg and also comes with cardio days also so it should cover all bases to help develop your muscles.

Gym split - PPL (Push, Pull, Legs).

Cardio – 4x

Rest Days – 2 per week.

PUSH DAY

CHEST	Warm-up sets	Sets	Reps
Bench Press	3	4	10-12
Decline Bench Press	1	3	10-12
Incline Dumbbell Press	1	4	10-12
Cable Pec Fly	1	4	12-15

Triceps	Warm-up sets	Sets	Reps
Triceps cable pull down	1	4	10-12
Skull crusher	1	3	10-12
Standing overhead cable triceps extension	1	4	10-12
Straight arm cable pull-down	1	4	12-15

PULL DAY

Back	Warm-up sets	Sets	Reps
Dead Lifts/Seated Row	3	5	5-6, 2-3
T-Bar Row	1	4	10-12
Lat-Pull down	1	4	12-15
Close grip pull down	1	4	12-15

Biceps	Warm-up sets	Sets	Reps
Bicep Curl	1	4	10-12
Hammer Bicep curl	1	3	10-12
Cable curl standing	1	4	10-12
E-Z bar barbell curl	1	4	12-15

LEG DAY

Quads	Warm-up sets	Sets	Reps
Back Squat	3	4	10-12
Bulgarian Split Squat	1	3	10-12
Leg Press	1	4	10-12
Leg Extension	1	3	12-15

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Hamstrings	Warm-up sets	Sets	Reps
Romanian Deadlifts	3	3	10-12
Unilateral Deadlifts	1	3	10-12
Dumbbell Box Lunge	1	4	6 on each side
Kettlebell swing	1	4	12-15

Calf	Warm-up sets	Sets	Reps
Standing Calf raise	1	4	10-12
Seated calf press	1	3	10-12
Dumbbell jump squat	1	4	10-12

CARDIO

DAY	Form of Cardio
DAY 1	HIIT 10-15 mins
DAY 2	LISS 20-30 mins
DAY 3	BREAK
DAY 4	HIIT 10-15 mins
DAY 5	LISS 20-30 mins
DAY 6	HIIT 10-15 MINS
DAY 7	BREAK
