

STRENGTH TRAINING : 4 Weeks (STAGE 2)

Workout Days- 5 Days; Cardio Days -1 Day ; Rest- 1 Day

DAY 1 : LEGS

Variation	Exercise	Sets	Reps	Rest (min)
1	Rowing	4	500m Sprint	1.5
2	Barbell Squats	4	10-12	1.5
3	Standing BB Lunges	4	15 steps	1.5
4	Inclined Leg Press	4	10-12	1.5
5	Farmers Walk - 50 pounds	5	20 steps	0
6	Calf Raises	4	15	45secs
6	Hamstring, Quad and Calf stretches	2	per workout body part	

DAY 2: BACK

Variation	Exercise	Sets	Reps	Rest (min)
1	Wide Grip Pull Ups	4	15	45secs
2	Wide Grip cable Pull Down	4	15	1
3	Close Grip Cable Rows	4	15	1
4	Dumbbell Kickback	4	12	1
5	Deadlifts	4	12	1
6	Stretches	2	per workout body part	

DAY 3: CHEST

Variation	Exercise	Sets	Reps	Rest (min)
1	Dips	4	12	45 secs
2	Inclined BenchPress	4	12	1
3	Flat DB Flies	4	12	1.5
4	Declined DB Press	4	12	1
5	Upper Peck Cable Chest Fly	4	12	1.5
6	Pushups	4	to Failure	45 secs
7	Stretches	2	per workout body part	

DAY 4: SHOULDERS AND LEGS

Variation	Exercise	Sets	Reps	Rest (min)
1	Neutral Grip Chin Ups	4	15	45 secs
2	Clean and Press	4	12	1.5
3	Front Rises	4	12	1
4	Bentover Raises	4	12	1
4	Lateral Kettle Bell Raises	4	12	1
5	Standing DB Shoulder Press	4	12	1
6	Standing BB Shrugs	4	10	1
7	Stretches	2	per workout body part	

DAY 5: CARDIO AND ABS

Variation	Exercise	Sets	Reps	Rest (min)
1- SS	SPRINT - 1000FT FAST, 500FT PACED	5		0
	Medicine Ball Crunches	5	20	0
2- SS	Kettle Bell Swings	5	15	0
	Cable Wood Chopper	5	10+10	0
3 -SS	Battle rope Double Wave	5	25	0
	Ab Wheel Roll Out	5	15	0
4-SS	Planks	3+	To failure	0
	Side Planks	3+		0
5	Cycling - SPRINT + PACED - 12 Resistance	1	10 mins- 2 min S + 30 sec P	
6	Stretches	2	per workout body part	

DAY 6: ARMS

Variation	Exercise	Sets	Reps	Rest (min)
1	Close Grip Chin ups	4	15	45 secs
2	Hammer Curls	4	15	45 secs
3	Oer Head Extensions	4	15	45 secs
4	Cable Press Down	4	15	45 secs
5	Reverse Curls	4	15	45secs
5	Wrist Curls	4	15	45 secs
6-SS	Planks	3+	To failure	0
	Side Planks	3+		0
7	Stretches	2	per workout body part	

DAY 7: REST