WORKOUT

Tuesdays (chest + shoulders + biceps)

- Warm-up: 10 min jogging at 10+ km/h
- Barbell bench press (chest)
 - Do not forget to warm up the chest before starting the exercise
 - 1 set as warm-up (20kg, empty bar) + 4 sets of 12 reps
 - Increase weight at each rep
 - 1-1.5 min breaks
 - Tip: alternate each week between flat and incline/decline bench



- Tip: alternate narrow, normal and wide grip to involve different muscles (wide = back mostly, narrow = triceps involved)
- Alternative exercise: dumbbell bench press



Goal: 50kg flat bench

Date								
Max weight flat	40							

• High cable cross over (chest)

- 1 foot forward
- Back straight
- Cable must not go higher than shoulders
- 4 sets of 12 reps
- 1-2 min breaks



Goal: 20kg each arm

Date								
Max weight flat	14							

• Standing overhead dumbbell press (shoulders)

- Dumbbells must first be parallel to each other
- Then rotate them as you lift them overhead so that they are aligned and hit them gently
- 4 sets of 12 reps
- 1-2 min breaks
- Also known as military press
- Can be done seated





Goal: 10kg each arm

Date								
Max weight	6							

Dumbbell alternate curl (biceps)

- Alternative exercise: dumbbell concentration curl
- Alternative exercise: **chin-up** (like pull ups but palms facing you), wide or normal grip



Alternative exercise: dumbbell concentration curl

Goal: 12kg each arm

Date								
Max weight	6							

- EZ bar curl (biceps)
 - Only do one biceps exercise per training session
 - Lift up to 90° to your chest
 - Can also be done on a machine to rest your upper arms, seated: preacher curl



• *Tip: alternate between normal and pronated (reverse grip)*

Thursdays (back + shoulders + triceps)

- Warm-up: 10 min jogging at 10+ km/h
- Bent over barbell row (middle back)
 - Palms facing down, feet 5-10 cm apart
 - Keep an arch in lower back (any angle around 45° is fine), head up
 - Knees kept at a constant slight bent, keep elbows close to body
 - Breathe out and lift up towards belly button
 - At the top contracted position, squeeze the back muscles and hold for a brief pause
 - 4 sets of 10 reps
 - 1-2 min breaks



Goal: 30kg

Date								
Max weight								

• Wide grip lat pull down (back)

- 4 sets of 12 reps
- Chest out a lot while pulling down
- Wide grip = back mostly; narrow grip: triceps involved, less back
- Alternative exercise: **pull-ups** (as many as possible)



Goal:

Date								
Max weight								

- Seated cable row (back)
 - 4 sets of 10 reps
 - Back must remain straight



Goal:

Date								
Max weight								

• Standing dumbbell side lateral raise (shoulders)

- Shoulder-width distance between feet
- \circ 4 sets of 10



Goal: 8kg each arm

Date								
Max weight								

• Bent over dumbbell raise (shoulders)

- 45-90° angle bent
- Knees slightly bent, should-width distance between feet
- 4 sets of 10 reps



Goal: 10kg each arm

Date								
Max weight								

• Rope pushdown (triceps)

- 4 sets of 10 reps
- Torso straight, small inclinaison forward
- Upper arms close to body, perpendicular to floor
- Exhale while pushing down
- Alternative exercise: **rope** <u>straight-arm</u> **pull down**
- Alternative exercise: **triceps pushdown** (same as rope but with a bar)
- Alternative exercise: dumbbell triceps kickback





Goal:

Date								
Max weight								

Weekends (legs + abs)

• Warm-up: 10 min jogging at 10+ km/h

Pick any among the following exercises:

- Squats
 - 2 min breaks
- Leg press
 - 45° angle
 - 4 sets of 12 reps
 - 2 min breaks
- Leg extensions
- Dips
- Crunches





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Leg extensions

