



100's

2 options for this Program

- 1. 4 Week Program-3 Days a Week**
- 2. Use as the last workout of your week**

As for rest periods, you should rest for as many seconds as you have reps remaining.

For example if you have to stop after 50 reps, rest 50 seconds before starting back up. 40 reps- 60 second rest and so on.

If you are going to do the 3 day program, your other 3 days a week focus on cardio- HIIT intervals for example would fit in great with this program.

Day 1. Chest, Back, traps & Abs

Chest

DB press 1X100

Push-Up 1x100

Flye(pec-dec, DB or cables) 1x100

Back

Bent-Over Reverse Grip Row 1x100

One-Arm Row 1x100 (each arm)

DB or Barbell Pullover 1x100

Traps

Db Shrug 1x100

Abs

Crunch

Day 2. Delts, Biceps & Calves

Shoulders

Overhead Press 1x100

Lateral Raise 1x100

Biceps

DB Curl 1x100 (each arm)

Incline Curl (each arm)

Calves

Standing Calf Raise 1x100

Seated Calf Raise 1x100

Day 3. Legs, Triceps & Abs

Legs

Bodyweight Squat 1x100

Db Lunge 1x100 (total)

Leg Extension 1x100

Exercise-Ball Roll-In 1x100

Triceps

DB Lying Triceps Extension 1x100

Bench Dip 1x100

Abs

Reverse Crunch

Once-a-Week Program

(Last Training Day of the Week)

Chest-Decline Push-Up 1x100

Back-One-Arm Row 1x100

Shoulders-Upright Row 1x100

Legs-Db Lunge 1x100(total)

Abs-Double Crunch 1x100