



4 WEEK START-UP PLAN

MINIMUM OF 10 MINUTE PRE-WORKOUT STRETCH/WARMUP AT THE BEGINNING OF EACH WORKOUT. MINIMUM 20 MIN CARDIO AFTER EACH WORKOUT.

WEEK ONE

DAY ONE: ABS AND BACK

BACK

- 1. SEATED CABLE ROW 3X 12**
- 2. BENT OVER SINGLE ARM ROWS 3X12**
- 3. LAT PULL DOWN FRONT) 3X12**
- 4. REVERSE FLY 3X12 (INCLINE BENCH)**
- 5. PRONE BACK EXTENSION (SUPERMAN) PAUSE & HOLD**

FOR 10 SECONDS 3X5

ABS

- 1. HANGING LEG RAISES 2X15**
- 2. FLAT BENCH LEG RAISES 2X15**
- 3. DECLINE TWIST CRUNCH 2X15**
- 4. REVERSE CRUNCH 2X15 (SEE ATTACHED SHEET)**
- 5. CRUNCHES TO FAILURE 2X?**

YOU CAN SUB SOME CORE TRAINING IN PLACE OF SOME AB WORKOUTS, EXP. SIDE MED BALL TOSS, DECLINE CRUNCH MED BALL TOSS, KNEELING MED BALL TOSS, MED BALL ROTATION...

DAY 2: CHEST AND TRICEPS

CHEST

- 1. FLAT BENCH PRESS 3X12-15 BARBELL OR DB**
- 2. DB FLYS 3X12-15**
- 3. INCLINE BENCH PRESS OR MACHINE 3X10-12**
- 4. PUSHUPS TO FAILURE 2X?**

TRICEPS

- 1. CABLE ROPE PRESSDOWNS 2X12-15**
- 2. CABLE FLAT BAR PRESSDOWNS 2X12-15**
- 3. CURL BAR SKULL CRUSHERS FLAT BENCH 2X12-15**
- 4. CABLE KICK BACKS TO FAILURE 2X?**

DAY 3: BICEPS AND SHOULDERS

BICEPS

1. FLAT BAR CABLE CURLS 2X12-15
2. SEATED DB CONCENTRATION CURL HVY WT 2X6-8
3. SEATED PREACHER BAR CURL 2X12-15
4. STANDING DB CURLS R-L 1 ARM AT A TIME MED WT

2X10-12

SHOULDERS

1. DB RAISES TO THE SIDE AND FRONT COUNT AS 1 2X12
2. REVERSE CABLE RAISES REPEAT FROM TOP 2X12-15
3. SHOULDER PRESS MACHINE 2X12-15
4. SHRUGS 2X12-15

DAY 4: LEGS

1. CYCLE ALL 5 MACHINES (NAUTILUS) (SUPER SET, NO REST) REST 1 MIN BETWEEN SETS END WITH 2 MIN ON A BIKE/CROSS TRAINER/TREADMILL.

2. SQUAT SMITH MACHINE OR REG BARBELL 2X12-15
3. LUNGES TO FAILURE 2X?

DAY 5: CARDIO, CORE AND ABS!

1. REPEAT AB WORKOUT SUBBING IN DIFF EXERCISES OFF OF THE SHEET.

2. 30 MIN OF CARDIO, BIKE, TREADMILL, CROSS TRAINER

3. MED BALL, MED BALL, MED BALL!!!!!!!

WK 2 UP YOUR WT, KEEP TRACK ON THIS SHEET.

WK 3 REPLACE ONE BACK EXERCISE WITH PULLUPS(ASSIST IS OK) SHOULD BE ABLE TO GET A COUPLE OF SETS IN! DO THIS 1ST AS YOU START YOUR BACK ROUTINE!

YOU CAN TAKE A DAY OFF DURING THE WEEK INSTEAD OF 5 DAYS IN A ROW..EXP. WORKOUT MON, TUE, OFF WED, BACK THU, FRI AND CHOOSE SAT OR SUN TO WORKOUT