



3 DAY SPLIT: WORK EACH BODY PART TWICE A WEEK & TOP IT OFF WITH A HIIT ROUTINE

MONDAY-CHEST, SHOULDERS,
TRAPS & TRICEPS& ABS

TUESDAY- BACK, BICEPS, &
FOREARMS & ABS

WEDNESDAY- LEGS &ABS

THURSDAY/FRIDAY/SATURDAY REPEAT CYCLE
OFF SUNDAY

******HIGHLIGHTED TIME IS REST PERIOD
BETWEEN INDIVIDUAL SETS, MAINTAIN 1
MINUTE REST BETWEEN SWITCHING EACH
SET******

MONDAY: CHEST, SHOULDERS, TRAPS & TRICEPS & ABS/CORE

1. PUSHUP CIRCUIT-NORMAL/SHUFFLE/CLOSE- 3/10-12 **1 MIN**

REST

2. DUMBELL BENCH PRESS Hvy 4/6-8 **1 MIN**

3. CABLE CROSS-OVERS 3/18-20 **1 MIN**

1. BARBELL UPRIGHT ROWS 3/8 **1 MIN**

2. DB LATERAL/SIDE RAISES 3/10-12 **1 MIN**

3. DB FRONT RAISE 3/10 **1 MIN**

4. DB SHRUGS 3/10 **1 MIN**

1. CLOSE GRIP BENCHPRESS 3/8-10* **1 MIN**

2. V-BAR PUSHDOWNS SUPERSET WITH
REVERSE GRIP SINGLE PUSHDWNS

HEAVY/LIGHT 3/8-3/12 **30 SEC**

WEDNESDAY: BACK, BICEPS & FOREARMS ABS/CORE

1. PULLUPS 3/FAIL **<1 MIN**

2. CHIN-UPS 3/FAIL **<1 MIN**

3. SINGLE ARM BENT OVER ROWS 3/6-8*

1 MIN

4. WIDE-GRIP PULLDOWNS 3/8 SUPER
SET WITH ROW 3/10-12

1. STANDING ALT DB CURLS 3/8-10 **<1 MIN**

2. WIDE GRIP EZ-BAR CURLS SUPERSET
W/ CLOSE GRIP 3/8-10 **1 MIN**

3. BARBELL WRIST CURL 3/10 **30 SEC**
SUPERSET W/CONCENTRATION CURL

FRIDAY: LEGS & ABS/CORE

1. SQUAT JUMPS 3/5-7 <1 MIN
2. SQUATS**4/6-8 1 MIN
3. DB LUNGES SUPERSET W/ LEG EXTENSIONS 3/15 EACH W/DROP SET ON LAST EXT SET 30 SEC
4. DB STEP-UPS 3/12-20 1 MIN
5. SUPERSET SEATED CALF W/STANDING CALF 3/12-3/15 < 30 SEC
6. LEG PRESSES 3/8 MED –HEAVY 1 MIN

***DROP SET ON LAST SET** (AFTER LAST SET, REDUCE WT BY 20-30%, CONTINUE REPS UNTIL FAILURE)

****REST-PAUSE ON LAST SET** (RACK WT & REST 15 SEC, CONTINUE REPS TO FAILURE, REPEAT 2-3 TIMES, REST 2-3 MIN BEFORE MOVING ON TO NEXT SET)

4 Week HIIT Routine

CARDIO SESSION: WEEK 1

3 MIN SLOW WALK OR JOG

30 SECONDS SPRINT

**1 MINUTE JOG ALTERNATED W/30 SEC
SPRINT AND REPEATED 8 TIMES**

3 MIN WALK/JOG

WEEK 2

4 MIN SLOW WALK/JOG

**1 MIN SPRINT ALTERNATED W/1 MIN
JOG REPEATED 5 TIMES**

1 MIN SPRINT

3 MIN WALK/JOG

WEEK 3

2 MIN WALK/JOG

**1 MIN SPRINT ALT W/1 MIN RUN REPEAT
8 TIMES**

2 MIN WALK/JOG

WEEK 4

1 MIN JOG

**30 SEC SPRINT ALT W/30 SEC JOG
REPEAT 15 TIMES**

1 MIN SPRINT

1 MIN JOG

1 MIN WALK