

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bike 5 Min. Warm up	5 Min Jump Rope	4 Way Neck	Rest Day	Bike 5 Min. Warm up	5 Min Jump Rope	4 Way Neck
Squat 10,8,7,6,10	DB Bench 12,10,8,10,12	DB Shrug 3x20	X	Deadlift 7,7,6,5,4	DB Shoulder Press 4x5	Pull Ups 5xMax
RDL 3 x 10	Dips 4xMax	DB Row 4x10	X	Weighted Sit Ups/ Partner Med Ball Sit ups 3x15	DB Overhead Tri 3x10	BB Curl 3x10
Leg Press 3xMax	DB Incline 3x8	BB Power- shrug 6,5,4,6	X	Box Jumps 5x25	BB Bench 8,6,5,3	BB Shrug 3x10
Hanging Leg Raise 3xMax	Tri Ext. 3x20	Cable Row 3xMax	X	Hyper Ext. 3x12	Dips 3xMax	Lat Pull Down Close Grip 3x20
DB Lunge 3x12	DB Shoulder Press 8,6,8	DB Curl 3x10	X	Pike Ups 3x20	Incline Machine 3xMax	Rope Curl 3x12
Weighted Russian Twist 3x25	Curl Bar Close Grip Bench 3x25	Pull Ups 3xMax	X	Leg Ext. to Wall Sit 2xMax	Machine Shoulder Press 3xMax	Smith Mach. Shrug 3xMax
Leg Curl 2xMax	Machine Bench 3xMax	Cable Curl 3x15	X	Leg Curl 2xMax	Tri Kickbacks 3x10	Cable Row 2xMax
Leg Ext. 2xMax	Rope Tri Ext. 2xMax	DB Weight Hold 1xMax	X	Ad&Abduction 1x12	Dealt Mach. 2x15	DB Weight Hold 1xMax
Calf Raise 3xMax	Push Ups 3xMax	Forearm BB Curl 2xMax	X	Calf Raise 3x25	Lat/Front raise 1xMax	Forearm BB Curl 1xMax
Ab Finisher: Crunches, Side- bends, Leg Raises, Sit&Tuck Combine any for total of 500	Shoulder Finisher: 25,35 or 45lb. plate – Overhead press to Hammer Shoulders to Around The World: 10-30 sec Rest-8- 30s-6-30s-4- 30s-2	Back Finisher: Cable Rope- 3 Max Sets (Superset: Lower weight immediately after 1 st and go into 2 nd)	X	Ab Finisher: 4 Way Med Ball Sit ups (need a partner and bench press for this)	Pec Finisher: Set 1) Cable Press to Push Ups, Set 2) Cable Fly to Push Ups, Set 3) UH Cable Fly to Push Ups	Arms Finisher: DB Curl -weight you can do 10 times, Superset drop 5 lb. each set down to 5 lb. Ex: 40lb. for 1 st set, 35,30,25,etc.