

# Workouts

## #1

Bench 10,8.6.4.2  
Incline 4 x 8 (DB or Bar)  
Tricep extension/ close grip 3 x 10  
Pull-ups 3 x Failure  
Upright rows 3 x 10  
One-armed rows 3 x 10 per side  
Crunches 3 x 50

## #2

Squats 10, 2 x 8, 2 x 6  
Leg curls 3 x 10  
Leg extensions 3 x 10  
Curls (curl bar) 3 x 10  
Hammers 3 x 20 (10 per arm)  
Bicycles 30 sec./ planks 30sec. x 3

## #3

Bench 2 x 8, 2 x 6, 2 x 4  
Flat DB press 3 x 10  
Plyo push ups 4 x 6  
Tricep push ups 3 x Failure  
Shoulder shrugs 4 x 10  
Push pulls 3 x 10  
Front lateral raises 3 x 20 (10 per arm)  
Bent knee sit ups 3 x 30

## #4

Lunges 3 x 20 (10 per leg)  
Leg Curls 3 x 10  
Leg extensions 3 x 10  
Reverse curl bar curls 3 x 10  
Wrist curls 4 x 20  
DB curls 3 x 20 (10 per arm)  
Side bends 3 x 15 per side  
Calf raises 3 x 20