

"FROM FLAT TO ALL THAT!" WEEKS 1 & 2

Monday

CIRCUIT ONE*	SETS & REPS
Wide-grip Lat Pull-down	1 x 15 - 20
Seated Incline Dumbbell Press	1 x 15 - 20
Wide Stance Barbell Squat	1 x 15 - 20
Preacher Curls	1 x 15 - 20
Seated Cable Row	1 x 15 - 20
Narrow Stance Barbell Squat	1 x 15 - 20
Skullcrushers	1 x 15 - 20
Seated Dumbbell Shoulder Press	1 x 15 - 20
Front Barbell Squat	1 x 15 - 20

Tuesday

CIRCUIT TWO*	SETS & REPS
Seated Arnold Presses	1 x 15 - 20
Wide Push-ups (knees)	1 x 15 - 20
Soft Knee Barbell Deadlift	1 x 15 - 20
Reverse Grip Lat Pull-down	1 x 15 - 20
Seated Incline Dumbbell Curls	1 x 15 - 20
Soft Knee Barbell Deadlift	1 x 15 - 20
Triceps Rope Push-downs	1 x 15 - 20
Standing Calf Raises	1 x 15 - 20
Soft Knee Barbell Deadlift	1 x 15 - 20

Wednesday

REST DAY	

Thursday

CIRCUIT ONE*	SETS & REPS
Wide-grip Lat Pull-down	1 x 15 - 20
Seated Incline Dumbbell Press	1 x 15 - 20
Wide Stance Barbell Squat	1 x 15 - 20
Preacher Curls	1 x 15 - 20
Seated Cable Row	1 x 15 - 20
Narrow Stance Barbell Squat	1 x 15 - 20
Skullcrushers	1 x 15 - 20
Seated Dumbbell Shoulder Press	1 x 15 - 20
Front Barbell Squat	1 x 15 - 20

Friday

CIRCUIT TWO*	SETS & REPS
Seated Arnold Presses	1 x 15 - 20
Wide Push-ups (knees)	1 x 15 - 20
Soft Knee Barbell Deadlift	1 x 15 - 20
Reverse Grip Lat Pull-down	1 x 15 - 20
Seated Incline Dumbbell Curls	1 x 15 - 20
Soft Knee Barbell Deadlift	1 x 15 - 20
Triceps Rope Push-downs	1 x 15 - 20
Standing Calf Raises	1 x 15 - 20
Soft Knee Barbell Deadlift	1 x 15 - 20

Saturday/Sunday

CARDIO	TIME
HIIT (optional)	20 min

*Perform exercises in succession once for beginners, twice for intermediate and three times for advanced.