

"FROM FLAT TO ALL THAT!" WEEKS 3 & 4

Monday

GLUTES/ABS	SETS & REPS
Squats	3 x 10
Weighed Hip Thrusts	3 x 12
Deadlifts	3 x 10
Single-leg Squat	3 x 10
Band Side Steps (abduction)	3 x 20
Weighted straight leg Crunch	3 x 20
Heels to Ceiling Crunches	3 x 20
Bicycle Crunches	3 x 25

Tuesday

SHOULDERS/TRIS/CARDIO	SETS & REPS
DB Shoulder Press	3 x 10
DB Front Delt Raises	3 x 10
45 Degree Lying Lateral Raises	3 x 10
Rear Delt Rope Pulls	3 x 10
Narrow Push-ups	3 x 15
Incline Bench Skullcrushers	3 x 10
CARDIO	Repeat 6 time
Stepmill	3 minutes
Jump lunges	20
Bicycle Crunches	25

Wednesday

CHEST/ABS	SETS & REPS
Incline Chest Press	3 x 10
Wide Push-ups	3 x 20
DB Pullovers	3 x 10
Cable Flyes	3 x 10
Up-up/Down-down Plank Push-ups	3 x 20
V-ups	3 x 12
Swiss Ball Ab Tucks	3 x 12

Thursday

GLUTES/HAMS/CALVES	SETS & REPS
Quads- Pre-fatigue Leg Extensions	3 x 20
Walking Lunges	3 x 20
Wide BB Squat	3 x 20
Zercher Step-ups	3 x 10 (each side)
Lying Leg Curls	3 x 12
Weighted Hyperextensions	3 x 12
Standing Calf Raises	3 x 20
Seated Calf Raises	3 x 20

Friday

BACK/BICEP/CARDIO	SETS & REPS
Wide-grip Lat Pull-down	3 x 12
Narrow-grip Lat Pull-down	3 x 12
Lying Incline Bench DB Rows	3 x 12
Cable Straight Arm Pushdown	3 x 12
Alternating Bicep Curls	3 x 10 (each side)
Concentration Curls	3 x 10 (each side)
Rope Cables Curls	3 x 15

Saturday/Sunday

LEGS/ABS/CALVES	SETS & REPS
Leg Press	4 x 10
Single-leg Squat	3 x 10
Leg Extensions	4 x 10
Sumo Squats	3 x 10
Deadlifts	4 x 10
Seated Calf Raises	3 x 20
Standing Calf Raises	3 x 20
Side Crunches	3 x 20 (Each Side)
Scissor Kicks	3 x 20
Reverse Crunches	3 x 20