

"FROM FLAT TO ALL THAT!" WEEKS 5 & 6

Monday

GLUTES/ABS	SETS & REPS
Dumbbell Goblet Squats	4 x 20
Weighed Step-Ups	3 x 20 (10 each)
Weighted Hip Thrusts	3 x 20
Side-lying Hip Raise w/ Isometric Leg Raise	3 x 10 (each side)
Glute Bridge w/ Plate	4 x 20
1 Minute Plank	3 x
Plank Toe Taps	3 x 20 (10 each)
Standard Crunch	3 x 25
Reverse Crunch w/ Straight Legs	3 x 20

Tuesday

SHOULDERS/TRIS/CARDIO	SETS & REPS
Side Lateral Raise	3 x 10
Single-arm Dumbbell Snatch	3 x 10 (10 each)
Arnold Presses	3 x 10
Upright Rows	3 x 10
Rear-delt Flyes (last set drop-set)	3 x 10
Overhead Triceps Press	3 x 10
Dips	3 x 10
Ropes Push-downs	3 x 10
CARDIO of your choice HIIT	20 minutes

Wednesday

CHEST/ABS	SETS & REPS
Barbell Bench Press	3 x 10
Decline Push-ups (feet elevated)	3 x 10
Incline Dumbbell Press	3 x 10
Side to Side Push-ups	3 x 10
Flat Bench Dumbbell Flyes	3 x 10
Single-arm Hammer Strength Press	3 x 10 (each side)
1 Minute Plank Super-set w/ Spidermans	3 x 12 (6 each side)
V-ups	3 x 12
Ab Swiss Ball Tucks	3 x 12

Thursday

GLUTES/HAMS/CALVES	SETS & REPS
Leg Press (feet high and wide)	4 x 12
Barbell Good Mornings	4 x 10
Barbell Squats	4 x 6
Cable Standing Abductor (moving out)	3 x 10 (each side)
Barbell Straight Leg Deadlift, Super-set w/ Seated Leg Curls	3 x 10 3 x 10
Jump Rope	3 x 100
Donkey Calf Raises	3 x 20
Seated Calf Raises	3 x 20

Friday

BACK/BICEP/CARDIO	SETS & REPS
Pull-ups (assisted)	3 x 10
One-armed Rows	3 x 10 (each side)
Seated Rows	3 x 10
Supermans	3 x 10
Incline Conceited Curls	3 x 10
Twenty-ones	3 x 21
In & Out Curls	3 x 10
CARDIO of your choice HIIT	20 minutes

Saturday/Sunday

LEGS/ABS/CALVES	SETS & REPS
Deep Barbell Squat	4 x 12
Leg Extensions Super-set w/ Step-ups	3 x 12
Walking Lunges (long stride)	3 x 20 (10 each)
Walking Lunges (short stride)	3 x 20 (10 each)
Swiss Ball Leg Curls	3 x 12
Knee, Knee, Double Knee (abs)	3 x 10
Criss Cross Abs	3 x 20
Mountain Climbers	3 x 20
Elbow Plank w/ Leg Lifts	3 x 20 (10 each)