

"FROM FLAT TO ALL THAT!" WEEKS 7 & 8

Monday

SHOULDERS/TRIS/CARDIO	SETS & REPS
Close-grip Push-ups	3 x 20
Cable Triceps Extensions (each arm)	3 x 10
Overhead Triceps DB Press	3 x 10
BB Squat Press	3 x 12
Rear Dealt Cable Pulls	3 x 12
Arnold DB Presses	3 x 10
Lateral Raises (last set drop set)	4 x 10
Sprint HIIT 30 sec on 30 sec off	20 minutes

Tuesday

GLUTES/HAMS/ABS	SETS & REPS
Single Leg Hip Thrusts	3 x 10
BB Straight Leg Deadlifts Super-set Seated Leg Curls	3 x 12 3 x 12
DB Curtsy Lunges (10 each)	3 x 20
Single Leg Deadlift	3 x 12
BB Hip Thrusts (10 sec pause at top)	3 x 6
Straight Leg Sit-up	3 x 20
Side-lying Sit-up (each side)	3 x 12
Hanging Leg Raise	3 x 12

Wednesday

BACK/BICEPS/CARDIO	SETS & REPS
Parallel Grip Pull-ups	3 x 5 - 8
Wide Grip Seated Rows	3 x 12
Straight Bar Pushdowns	3 x 12
BB Bent Over Rows	3 x 12
Incline Bicep Curls	3 x 12
Hammer Curls	3 x 12
BB Bicep Curls	3 x 12
In & Out Curls	3 x 12

Thursday

LEGS/ABS/CALVES	SETS & REPS
Leg Extensions Super-set Stationary Lunges	3 x 12 3 x 12
Seated Leg Curls (or substitute)	3 x 12
Single Leg DB Bench Squat (10 each)	3 x 20
Jump Squats	4 x 20
Leg Press (heavy weight)	3 x 10
BB Hip Thrusts (10 sec pause at top)	3 x 6
Seated Calf Raise	3 x 20
Standing Calf Raise	3 x 20
Weighted Swiss Ball Crunch	3 x 15
Swiss Ball Ab Roll Out	3 x 15

Friday

CHEST/ABS	SETS & REPS
Pec Deck Fly	4 x 12
BB Bench Press	4 x 10
Incline Chest Press Machine	4 x 10
Decline DB Chest Press	4 x 10
Cable Chest Fly	4 x 10
Wide Push-ups	3 x 10
Medicine Ball Russian Twists	3 x 12
Medicine Ball Ab Toe Touches	3 x 20
Medicine Ball Straight Leg Sit-ups	3 x 12

Saturday/Sunday

GLUTES/CALVES	SETS & REPS
BB Sumo Deadlifts	4 x 12
Single Leg Split Squat	4 x 12
Walking Lunges (10 down, 10 back)	4 x 20
Swiss Ball Leg Curls	3 x 12
Weighted Glute Bridge	3 x 15
BB Hip Thrusts	3 x 20
Donkey Calf Raises	3 x 20
Standing Calf Raises	3 x 20
Leg Press Calf Press	3 x 20