

"FROM FLAT TO ALL THAT!" WEEKS 9 & 10

Monday

SHOULDERS/TRIS/CARDIO	SETS & REPS
Seated DB Press (1 warm up set)	3 x 6 – 8
Single Arm Machine Press	3 x 6 – 8
Rear Deal Rope Face Pulls	3 x 6 – 8
Seated DB Lateral Raises	3 x 6 – 8
DB Rear Delt Flies	3 x 6 – 8
Close Grip Chest Press Super-set With Skull crushers	3 x 6 – 8 3 x 6 – 8
Triceps Rope Pushdowns Super-set with Triceps Rope Extensions	3 x 6 – 8 3 x 6 – 8
Overhead DB Triceps Press	3 x 6 – 8
HIIT Cardio	20 Minutes

Tuesday

GLUTES/HAMS/ABS	SETS & REPS
Deep Squats (1 warm up set)	5 x 5
BB Hip Thrusts	5 x 5
Bulgarian Split Squat	5 x 5
Walking BB Lunges Super-set with Squats	3 x 10 (5 each) 3 x 5
Glute Kickbacks	5 x 5 (5 each)
Seated Leg Curl	5 x 5
Knee, Knee, Double Knee	3 x 10
Medicine Ball Russian Twists	3 x 20
Medicine Ball Toe Touches	3 x 20

Wednesday

BACK/BICEPS/CARDIO	SETS & REPS
Wide-grip Lat Pull-down	3 x 6 – 8
Seated Rows	3 x 6 – 8
One Arm DB Row (each arm)	3 x 6 – 8
Close Grip Smith Machine Pull-ups	3 x 6 – 8
Single Arm Preacher Curl (each arm)	3 x 6 – 8
Seated Alternating DB Curls (each arm)	3 x 6 – 8
Single Arm Cross Body Cable Curls (each arm)	3 x 6 – 8
HIIT Cardio	20 minutes

Thursday

LEGS/CALVES	SETS & REPS
Leg Extensions (1 warm-up set)	5 x 5
Deep Wide Squat	5 x 5
Smith Machine Static Lunge	5 x 5
Straight Leg Deadlift	5 x 5
Lying Leg Curl (Single Leg) (1 warm up)	5 x 5
Weighted Hyperextension	5 x 5
Standing Calf Raise (drop-set heaviest to fatigue)	2 x
Seated Calf Raise (drop-set heaviest to fatigue)	2 x

Friday

CHEST/ABS	SETS & REPS
Narrow Push-ups Super-set with Weighted Bench Dips	3 x 6 – 8 3 x 6 – 8
BB Flat Bench Press	3 x 6 – 8
Incline Chest Press Machine	3 x 6 – 8
Cable Crossovers	3 x 6 – 8
Cable Chest Scoops	3 x 6 – 8
Plank In & Out (Thrusts)	3 x 20
Plank Hip Dips	3 x 20
Ab Rope Crunches	3 x 20
Russian Twists	3 x 20

Saturday/Sunday

GLUTES/CALVES/CARDIO	SETS & REPS
Bulgarian Split Squat	5 x 5 (each)
BB Hip Thrusts	5 x 5
BB Side Lunges	5 x 5
Side-lying Hip Raises	3 x 8 (each)
Cable Glute Kickbacks Super-set with Cable Abduction	3 x 6 – 8 3 x 6 – 8
Seated Calf Press	3 x 20
Standing Calf Raise	3 x 20