

# Chest And Triceps Workout – Monday

## Superset 1

### 1A Dumbbell bench press

**Sets 4 Reps 10-12** (last set to failure) **Rest 2** minutes between sets

Lie flat on a bench holding a dumbbell in each hand. Brace your core, drive your feet into the floor and press the weights up until your arms are fully straight. Slowly lower back to the start.

### 1B Dumbbell fly

Lie flat on a bench holding a light dumbbell in each hand with your arms straight above you. Keeping your core tight, slowly lower the weights out to the sides until you feel a good stretch across your chest. Squeeze your chest muscles to return the weights to the start.

## Superset 2

**Sets 4 Reps 10-12** (last set to failure) **Rest 2** minutes between sets

### 2A Feet-up bench dip

Start with your feet on a bench and your hands on another, supporting as much bodyweight as possible. Bend your elbows to lower your hips towards the floor, then press back up powerfully to return to the start.

### 2B Cable press-down

Stand in front of a cable machine holding a straight bar attached to the high pulley with an overhand grip. Keeping your chest up and elbows close to your sides, press the bar down until it touches your thighs. Slowly return to the start.

### 3 Cable cross-over

**Sets 2 Reps 10-12** (to exhaustion) **Rest 1** minute

Stand in the middle of a cable machine, holding the D-handles attached to the high pulleys with a slight bend in your elbows. Keeping your chest up and maintaining a slight elbow bend, bring your hands together to meet in front of your body. Squeeze your chest muscles, then slowly return to the start.

### 4 **Cardio: Treadmill hill climbs**

**Time 20** minutes

Start running on a treadmill set to 12km/h with one per cent elevation. Every 30 seconds increase the elevation by one percentage point until you need to press the stop button. Rest for a minute, then repeat

# Legs Workout – Tuesday

## Superset 1

**Sets** 4 each side **Reps** 10-12 (final set to exhaustion) **Rest** 2 minutes between supersets

### 1A Barbell squat

Stand tall with a barbell resting across the back of your shoulders, gripping it firmly. Keeping your chest up and core braced, bend at the hips and knees to squat down as low as possible. Press through your heels to return to the start.

### 1B Dumbbell Bulgarian split squat

Stand tall with a barbell resting across the back of your shoulders, gripping it firmly. Keeping your chest up and core braced, bend at the hips and knees to squat down as low as possible. Press through your heels to return to the start.

### 2B One-leg gym ball curl

Lie on your back with one foot on a gym ball. Raise your hips so your body is in a straight line from head to heels. Contract your hamstrings to roll the ball towards your buttocks, then reverse the movement to return to the start. Switch legs halfway through.

## 3 Walking dumbbell lunge

**Sets** 2 **Reps** To failure **Rest** 1 minute between sets

Stand tall holding a dumbbell in each hand. Keeping your chest up and core braced, take a big step forward then lower until both knees are bent at 90°. Push off your front foot and bring your other leg through so it is leading. Keep alternating so you travel forward.

## Cardio: Rowing machine

### Use Freemotion Chest (15 Minutes)

- Aim to maintain steady pace.
- Push with your legs before drawing the handle into your abdomen.
- Keep your back straight throughout.

# Back And Biceps Workout – Wednesday

## Superset 1

**Sets 4 Reps 10-12** (last set to failure) **Rest 2** minutes between sets

### 1A Cable row

Sit on the seat holding the handle with both hands and arms straight. Keep your chest up and brace your core. Row the handle in towards your chest, leading with your elbows and retracting your shoulder blades. Pause with the handle closest to you then slowly return to the start.

### 1B Bent-over dumbbell reverse fly

Holding a light dumbbell in each hand, bend forward from the hips, but keep your chest up. Leading with your elbows, raise the weights out to the sides until they reach shoulder height. Slowly return to the start.

## Superset 2

**Sets 4 Reps 8** (last set to failure) **Rest 2** minutes between sets

### 2A Hammer-grip weighted chin-up

Hang from a pull-up bar with your palms facing you and a dumbbell or weight plate secured to your person. Brace your core then pull yourself up, keeping your chest up, until your chin is over the bar. Slowly lower until your arms are fully straight.

### 2B EZ-bar curl

Hold an EZ-bar with an underhand grip. Keeping your elbows tight to your sides and your chest up, curl the bar up towards your chest, ensuring your biceps are in full control of moving the weight. Pause at the top, squeeze your biceps hard, then slowly return to the start.

### 3 Inverted row

**Sets 2 Reps To failure** **Rest 1** minute between sets

Lie on your back in the middle of a Smith machine with the bar secured off the ground. Grip the bar with a shoulder-width overhand grip and tense your entire body. Pull yourself up until your chest touches the bar, then slowly return to the start.

### Cardio: Exercise bike intervals

**Time 20** minutes

Start by cycling at a steady pace for five minutes. Pedal as hard as you can for 30 seconds, then pedal more slowly to recover for two minutes. Repeat this pattern for the remaining 15 minutes

# Shoulders And Abs Workout – Thursday

## Superset 1

**Sets 4 Reps 10-12** (last set to failure) **Rest 2** minutes between sets

### 1A Seated dumbbell shoulder press

Sit on an upright bench holding a dumbbell in each hand at shoulder height. Press the weights directly overhead until your arms are straight, then slowly return to the start.

### 1B Dumbbell lateral raise

Stand tall holding a light dumbbell in each hand. Keeping your chest up, raise the weights out to the sides until they reach shoulder height. Pause briefly, then slowly lower the weights back to the start.

## Superset 2

**Sets 4 Reps 10-12** (last set to failure) **Rest 2** minutes between sets

### 2A Weighted crunch

Lie on the floor with your back and feet flat on the floor and knees bent, while holding a dumbbell or weight plate securely with both hands on your chest. Contract your abs to raise your torso off the floor. At the top position squeeze your abs hard, then slowly lower your torso again. Make the move harder by not allowing your shoulder blades to touch the floor between reps.

### 2B Gym ball jackknife

Start in a press-up position with your feet and shins on a gym ball. Keeping your core tight, use your abs to roll the ball towards you and bring your knees in towards your chest. Pause in this position, then slowly reverse the movement back to the start.

### 3 Bicycles

**Sets 2 Reps To failure Rest 1** minute

Lie flat on the floor with your legs straight and fingers by your temples. Contract your abs to raise your torso and simultaneously rotate to one side while bringing in a knee to meet the opposite elbow. Reverse the movement back to the start, then repeat, alternating which way you rotate your torso to meet the opposite knee.

### 4 Cardio: Treadmill sprints/Time 10x30 seconds

Set the treadmill to 2% elevation and a fast pace. Stand with feet either side of the running surface, then jump on it and sprint for 30 seconds. Jump back to the starting position and rest for 30 seconds. Repeat this pattern ten times.