

ALL-IN-ONE TRAINING PLAN

After completing **Day 6**, repeat plan by starting back at **Day 1**.

DAY 1

CHEST & ABS

| EXERCISES | SETS | REPS |
|--|------|------|
| Chest | | |
| Incline DB Press* | 4 | 10 |
| Cable Flyes | 4 | 15 |
| Flat BB Press** | 4 | 10 |
| Incline DB Flyes | 4 | 15 |
| Abs | | |
| Ball Crunches | 3 | 20 |
| Leg Raises | 3 | 10 |
| Medicine Ball Twists | 3 | 25 |
| *DB stands for Dumbbell **BB stands for Barbell | | |

DAY 4

SHOULDERS & TRICEPS

| EXERCISES | SETS | REPS |
|---------------------------|------|-------------|
| Shoulders | | |
| Military DB Press | 4 | 12 |
| Side DB Laterals | 4 | 15 |
| Front DB Raises | 4 | 12 |
| Upright Rows | 4 | 12 |
| Triceps | | |
| Close-Grip Press | 4 | 10 |
| Cable Bar Pressdowns | 4 | 12 |
| Over-Head Rope Extensions | 4 | 15 |
| Cardio | | |
| Elliptical | 1 | 20-30 mins. |

DAY 2

LEGS

| EXERCISES | SETS | REPS |
|---------------------|------|-------------|
| Legs | | |
| Squats | 4 | 10 |
| Leg Extensions | 4 | 12 |
| Leg Curls | 4 | 12 |
| Stiff Leg Deadlifts | 3 | 10 |
| Walking Lunges | 3 | 15 |
| Seated Calf Raises | 4 | 15 |
| Cardio | | |
| Stairmaster | 1 | 20-30 mins. |

DAY 5

BACK & BICEPS

| EXERCISES | SETS | REPS |
|---------------------------|------|------|
| Back | | |
| Wid-Grip Lat Pulldown | 4 | 12 |
| Close-Grip Row | 4 | 12 |
| Bent-Over BB Row | 4 | 10 |
| Back Raises | 4 | 15 |
| Biceps | | |
| Standing DB Curls | 4 | 12 |
| Seated Incline DB Curls | 4 | 12 |
| Single-Arm Preacher Curls | 4 | 12 |

DAY 3

RECOVERY

| EXERCISES | SETS | REPS |
|--|------|-------------|
| Cardio | | |
| Elliptical | 1 | 30-40 mins. |
| A day off to recover is just as, if not more important to the muscle building process than training. Use this time to rest and fuel your body with the proper nutrients. | | |

DAY 6

RECOVERY

| EXERCISES | SETS | REPS |
|---------------|------|-------------|
| Cardio | | |
| Treadmill | 1 | 30-40 mins. |