

BODY SCULPT

Monday

Back, Shoulders & Triceps

10-15x Bent over row - 3 sets

7-10x Upright row - 3 sets

5-8x Reverse fly - 3 sets

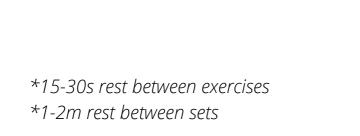
8-12x Shoulder press - 3 sets

10-14x Shrugs - 3 sets

6-10x Tricep kickback - 2 sets

6-10x Standing tricep extension - 2

sets





Tuesday

Legs

12-15x goblet squat - 4 sets

8-12x Romanian dead lift - 4 sets

10-14x weighted glute bridge - 4 sets

5-8x Bulgarian split squat (each leg)-

3 sets

1-3 pistol squat (each leg)- 3 sets (if

you can)



^{*1-2}m rest between sets



Wednesday

Chest & Biceps

8-12x Chest fly - 4 sets

2-4x Pull-up - 3 sets

5-10x Push up - 3 sets

5-10x 45° Floor Press - 4 sets

5-10x Svend press - 3 sets

8-14x Bicep curl - 3 sets



^{*1-2}m rest between sets



Thursday

Legs

10x Frog squat - 4 sets

12x Hip thrusts - 4 sets

10x Dead lift - 4 sets

10/10x side kick + squat - 3 sets

10/10x donkey kick - 3 sets

15x Weighted Calf rise - 3 sets



^{*15-30}s rest between exercises

^{*1-2}m rest between sets

Friday

Warmup (x3-4)

10x Mt. Climber + 1 Marine (3 cycles)

20x Bicycle Crunch + 5x Sit up (3

cycles)

20x Jumping jack

Main (x3-5 in cycles, 20s rest

between ex.)

10x Push up

8/8 side plank rotations

20x reverse crunch

16x leg raise

20x flutter kicks

20x in & outs

20x sit-throughs

30s plank



Saturday

Legs

8x8/ Side lunge - 3 sets

7/7x 1-leg Dead lift - 4 sets

10x Weighted Squat - 4 sets

7/7x Bulgarian split squat - 3 sets

10/10x Rainbows - 3 sets



^{*1-2}m rest between sets

