

WORKOUT PLAN

REST PERIODS 1-1:20

WARM-UP BEFORE TRAINING

| Exercise | Sets | Duration | Coaching Tip |
|-----------|------|----------|--------------|
| Treadmill | | 5min | 5km/h |

DAY 1 BACK AND TRAPS

| Exercise | Sets | Reps | Coaching Tip |
|-----------------------------|------|-------|----------------------------------|
| Bend over rows | 5 | 20 | |
| Single arm rows | 5 | 15 | Last set drop set do 15 each arm |
| Wide grip pull ups | 5 | 10-12 | |
| Upright rows | 5 | 12 | Pause for 1 second at the top |
| Dumbbell shrugs | 3 | 10 | |
| Dumbbell shrugs behind head | 3 | 10 | |

DAY 2 LEGS

| Exercise | Sets | Reps | Coaching Tip |
|-----------------------------|------|-----------------|-----------------------------------|
| Weighted knee ups | 4 | 24 (12 per leg) | Step up on bench |
| Weighted squats on back | 4 | 20 | |
| Weighted front squats | 4 | 15 | Superset with no weight squats 15 |
| Weighted sumo squats | 4 | 20 | |
| Dumbbell stationary lunges | 5 | 24(12 per leg) | |
| Dumbbell Romanian deadlifts | 5 | 15 | |

DAY 3 DELTS

| Exercise | Sets | Reps | Coaching Tip |
|----------------|------|---------|--|
| Shoulder press | 5 | 25 | |
| Front raises | 4 | 15 | |
| Side raises | 5 | 20 | |
| Crazy 8's | 3 | 8,8,8,8 | Front,side,rear delts, upright rows and shoulder press |

DAY 4 MID AND LOWER BACK

| Exercise | Sets | Reps | Coaching Tip |
|--------------------------------|------|------|--|
| Good mornings | 5 | 15 | Weight on meaty part of back by neck |
| Lower back extensions | 5 | 15 | Use chair |
| Around world circles bent over | 5 | 10 | |
| Dumbbell low bent over rows | 5 | 15 | Keep elbow close to body and row low to lower lats |