



MONDAY Chest & Back			Tuesday - Legs			WEDNESDAY -Shoulders & Abs			THURSDAY -Metabolic conditioning			FRIDAY Arms & Abs			SATURDAY HIIT session		
Activity	Reps	Sets	Activity	Reps	Sets	Activity	Reps	Sets	Activity	Reps	Sets	Activity	Reps	Sets	Activity	Reps	Sets
Flat Bench Superset one chest exercise with one back exercise, 3 minutes rest between sets, go heavy.	8 reps	4 to 5	Back squat As heavy as possible whilst maintaining good form.	8 reps	5	Military press No rest between superset exercises, 3 min rest between all other sets.	8 reps	4 to 5	4 rounds, 2 min on 2 min rest. Conditioning. Go as hard as you can for 2 minutes & then rest for 2 minutes. Repeat 4 times.	N/A	4	Weighted chin ups Keep your elbows close to your body on the narrow grip bench to really hit the triceps.	8 reps	5	8 rounds Work as close to your 100% as possible during your 30 seconds of rowing.		8
Weighted pull ups 100 rep finisher of 50 press-ups + 50 lat pull downs as quickly as possible, whilst maintaining good form.	8 reps	4 to 5	Walking Dumbbell lunges Switch back squat for front squat every couple of sessions to keep your legs developing.	20 reps	4 to 5	Arnold Press + unwinding press	8 + 8 superset	4	Row 250m I use a different metabolic conditioning each session to keep each week constantly varied.			Narrow grip bench press Concentrate on squeezing the abs and maintaining a tight core during the ab supersets.	8 reps	5	Row 30 secs at 100% Rest 5-8 min before starting the burpee TABATA		
Deadlift	8 reps	4 to 5	Hack squat	8 reps	4 to 5	Lateral Dumbbell raise + front raise	8 + 8 superset	4	15 Dumbbell thrusters (20kg)			Zottman curls	10 reps	4	Rest 90 secs		
Incline Dumbbell press	8 reps	4 to 5	Romanian deadlift	8 reps	4 to 5	Reverse Dumbbell flies	8 reps	4 to 5	AMRAP Double-unders AMRAP (as many reps as possible)			Dumbbell tricep extensions	10 reps	4	Burpee TABATA TABATA - As hard as you can for 20 seconds, rest for 10 seconds, 8 rounds		8
Weighted dips	8 reps	4 to 5	Leg press	8 reps	4 to 5	Dumbbell shrugs	8 reps	4 to 5				Cable rope curls + cable rope extensions	10 + 10	4	8 rounds		
T-bar row	8 reps	4 to 5	Calf raises	20 reps	5	Hanging leg raises + cable crunches	10 + 10	4				Barbell roll outs + Russian twists	10 + 20	4	20 secs of burpees		
Dumbbell pullovers	16 reps	4 to 5				Cable wood chops + crunches	10 + 10	4				Mountain climbers + oblique crunch	20 + 10 each side	4	10 secs rest		