

3 Day Workout Programme

1st Workout Chest/Back/Calves

Flat D/Bell Press 2 x 10 @ 50% Max Weight
1 x 6-8 @ Max Weight

Incline Press 1 x 10 @ 50% Max Weight
1 x 6-8 @ Max Weight

Decline Press 1 x 10 @ 50% Max Weight
1 x 6-8 @ Max Weight

Flat Flyes 1 x 10 @ 50% Max Weight
1 x 6-8 @ Max Weight

Chins (wide grip) 2 x 10 @ 50% Max Weight
(use a machine for above sets)
1 x 6-8 @ Max Weight
(add weight if more than 6-8)

Seated Rows 1 x 10 @ 50% Max Weight
1 x 6-8 @ Max Weight

Pulldowns (close grip) 1 x 10 @ 50% Max Weight
1 x 6-8 @ Max Weight

Bent Over Rows Or Deadlifts 1 x 10 @ 50% Max Weight
1 x 6-8 @ Max Weight *

Shrugs 1 x 10 @ 50% Max Weight
1 x 6-8 @ Max Weight

Standing Calves 1 x 10 @ 50% Max Weight
2 x 8 @ Max Weight

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2nd Workout Shoulders/Triceps/Biceps

Front Press (smith machine) 2 x 10 @ 50% Max Weight
1 x 6-8 @ Max Weight

Lateral Raise (seated) 1 x 10 @ 50% Max Weight
1 x 6-8 @ Max Weight

Upright Rows (e-z bar) 1 x 10 @ 50% Max Weight
1 x 6-8 @ Max Weight

Lying Extension (e-z bar) 1 x 10 @ 50% Max Weight
1 x 6-8 @ Max Weight

Tricep Press 1 x 10 @ 50% Max Weight
1 x 6-8 @ Max Weight

Pushdowns (rope) 1 x 10 @ 50% Max Weight
1 x 6-8 @ Max Weight

Barbell Curls 1 x 10 @ 50% Max Weight
1 x 6-8 @ Max Weight

D/Bell Curls (seated) 1 x 10 @ 50% Max Weight
1 x 6-8 @ Max Weight

Seated Calves 1 x 10 @ 50% Max Weight
2 x 8 @ Max Weight

3 Day Workout Programme

3rd Workout Legs

Cycle or Stepper 10/15 mins

Leg Extension 1 x 15 @ 50% Max Weight
2 x 15 @ Max Weight

Seated Leg Curl 1 x 15 @ 50% Max Weight
2 x 15 @ Max Weight

Leg Press 1 x 15 @ 50% Max Weight
2 x 8 @ Max Weight

Lying Leg Curl 1 x 15 @ 50% Max Weight
2 x 8 @ Max Weight

Squats 1 x 15 @ 50% Max Weight
2 x 8 @ Max Weight

Ab Crunches 2-3 x to failure

PROGRAMME 1

* Alternate these exercises each week