

3 Day Workout Programme

1st Workout Chest/Back/Calves

Flat Bench Press 2 x 10 @ 50% Max Weight
 1 x 6-8 @ Max Weight
DROP SETS 1 x 4-6 @ 80% Weight
 1 x 4 @ 60-70% Weight

Pulldowns (wide grip) 2 x 10 @ 50% Max Weight
 1 x 6-8 @ Max Weight
DROP SETS 1 x 4-6 @ 80% Weight
 1 x 4 @ 60-70% Weight

Inc. Hammer Press 1 x 10 @ 50% Max Weight
 1 x 6-8 @ Max Weight
DROP SETS 1 x 4-6 @ 80% Weight
 1 x 4 @ 60-70% Weight

Hammer Rows 1 x 10 @ 50% Max Weight
 1 x 6-8 @ Max Weight
DROP SETS 1 x 4-6 @ 80% Weight
 1 x 4 @ 60-70% Weight

Pec Dek or Flyes 1 x 10 @ 50% Max Weight
DROP SETS As Above

T-Bar Rows 1 x 10 @ 50% Max Weight
DROP SETS As Above

Standing Calves 1 x 10 @ 50% Max Weight
DROP SETS As Above

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2nd Workout Shoulders/Triceps/Biceps/Calves

Lat Raises (machine) 2x 10 @ 50% Max Weight
 1 x 6-8 @ Max Weight
DROP SETS 1 x 4-6 @ 80% Weight
 1 x 4 @ 60-70% Weight

Seated D/Bell Press 1 x 10 @ 50% Max Weight
 1 x 6-8 @ Max Weight
DROP SETS 1 x 4-6 @ 80% Weight
 1 x 4 @ 60-70% Weight

Upright Rows (cable) 1 x 10 @ 50% Max Weight
DROP SETS As Above

Lying Extension (e-z bar) 1 x 10 @ 50% Max Weight
 1 x 6-8 @ Max Weight
DROP SETS 1 x 4-6 @ 80% Weight
 1 x 4 @ 60-70% Weight

Cable Curls 1 x 10 @ 50% Max Weight
 1 x 6-8 @ Max Weight
DROP SETS 1 x 4-6 @ 80% Weight
 1 x 4 @ 60-70% Weight

Pushdowns 1 x 10 @ 50% Max Weight
DROP SETS As Above

Hammer Curls 1 x 10 @ 50% Max Weight
DROP SETS As Above

Seated Calves 1 x 10 @ 50% Max Weight
DROP SETS As Above

3 Day Workout Programme

3rd Workout Legs

Cycle or Stepper 10/15 minutes

Leg Extension 2 x 15 @ 50% Max Weight
 1x 12-15 @ Max Weight
DROP SETS 1 x 8-10 @ 80% Weight
 1 x 6-8 @ 60-70% Weight

Leg Press 1 x 15 @ 50% Max Weight
DROP SETS As Above

Squat or Hack Squat 1 x 15 @ 50% Max Weight
DROP SETS As Above

Lying Leg Curl 1 x 15 @ 50% Max Weight
DROP SETS As Above

Stiff Leg Deadlifts 1 x 15 @ 50% Max Weight
DROP SETS As Above

PROGRAMME 2