

3 Day Workout Programme

1st Workout Chest/Back/Calves

Flat Flyes 2 x 10 @ 50% Max Weight
1 x 10 @ Max Weight

SUPER SET

Seated Bench Press 2 x 10 @ 50% Max Weight
1 x 10 @ Max Weight

Straight Arm Pulldown 2 x 10 @ 50% Max Weight
1 x 10 @ Max Weight

SUPER SET

Seated Rows 2 x 10 @ 50% Max Weight
1 x 10 @ Max Weight

Incline Flyes 1x 10 @ 50% Max Weight
1 x 10 @ Max Weight

SUPER SET

Incline Hammer Press 1 x 10 @ 50% Max Weight

Pulldowns (wide grip) 1x 10 @ 50% Max Weight
1 x 10 @ Max Weight

SUPER SET

Bent Over Rows 1 x 10 @ 50% Max Weight
1 x 10 @ Max Weight

Cable Crossovers As Above

SUPER SET

Wide Grip Dips As Above

Shrugs As Above

SUPER SET

Rear Delt Machine As Above

Standing Calves As Above

SUPER SET

Seated Calves As Above

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2nd Workout Shoulders/Triceps/Biceps/Calves

Lat Raises 2 x 10 @ 50% Max Weight
1 x 10 @ Max Weight

SUPER SET

Press Machine 2 x 10 @ 50% Max Weight
1 x 10 @ Max Weight

Upright Rows 1x 10 @ 50% Max Weight
1 x 10 @ Max Weight

SUPER SET

D/Bell Press (seated) 1 x 10 @ 50% Max Weight
1 x 10 @ Max Weight

Preacher Curls 1 x 10 @ 50% Max Weight
1 x 10 @ Max Weight

SUPER SET

Overhead Cable Ext 1 x 10 @ 50% Max Weight
1 x 10 @ Max Weight

D/Bell Curls 1 x 10 @ 50% Max Weight
1 x 10 @ Max Weight

SUPER SET

Lying D/Bell Ext 1 x 10 @ 50% Max Weight
1 x 10 @ Max Weight

Hammer Cable Curls (rope) As Above

SUPER SET

Pushdowns As Above

Standing Calves one massive drop set starting with the full stack, go to failure then drop 3-5 blocks and go again, keep dropping 3-5 blocks until you reach the last 4-5 blocks !!!!

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3rd Workout

Legs

Cycle or Stepper 10-15 minutes

Leg Extension 2 x 15-20 @ 50-60% Max Weight

Leg Press 2 x 15 @ 50% Max Weight
1 x 100 @ 70% Max Weight

Leg Curls 2 x 15 @ 50% Max Weight
1 x 100 @ 70% Max Weight

Squats 1x 15 @ 50% Max Weight
1x 100 @ 70% Max Weight

The 100 rep set is done by doing as many as you can, for example 25 at your 1st go then take a 15 second break and go again, keep repeating until you reach 100 or throw up which ever comes first!!!!!!!

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