

Bench Press	20,15,12,8				
Seated Shoulder Press	20,15,12,8				
Sit Ups	2x25				
Cable Cross Low	2x10				
Barbell Lift to Chin	2x10				
Cable Cross High	2x10				
Sit Ups	2x25				
Push Ups	2 x 15				
DB Shoulder Press	2 x 15				
Jump Rope	2 x 50				
Sit Ups	2 x 25				
Squat	20,15,12,8				
Sitff legged Deadlift	4 x 15				
Reverse Crunch	2 x25				
Front Squat	2x12				
Single Leg Step Ups	2x12				
Bent Over Row	2 x 12				
Reverse Crunch	2 x25				
Leg Press	2x15				
Pull Up	2 x max				
Lat Pull Down	2 x 10				
Leg Ext	2 x 15				
Leg Curl	2x15				
Reverse Crunch	2 x 25				
Treadmil Walk	10 min				
Bicep Barbell Curls	3 x 12				
Bicep Dumbbell Curls	3 x 20				
Eclipse	10 min				
Incline Bench Press	3x5				
Shoulder Press	3x5				
Bike	10min				
Push Ups	100				
Dumbbell Shoulder Press	100				
Treadmil	10 min				
Eclipse	10 min				
Squat	3x5				
Bike	10min				
Lunges	100				
Lat Pull Down	100				
Treadmil	10 min				

Workout is designed to build strength and endurance. Be careful and lift with proper technique

**Day 1 & 2** - Each has 3 phases

Phase I: Perform a set of exercise 1 then a set of exercise 2 immediately after, rest, repeat for required set number  
Sit ups are your breaks between phases. Get water and bathroom breaks now. Decrease this time with experience.

Phase II: Perform a set of ex 1, then ex 2, then ex 3 with no rest, after ex 3 rest, repeat for required set number

Phase III: Perform a set of all exercises, rest, repeat. Decrease rest time and increase set with experience

Seated Shoulder press can be barbell or dumbbell. Use the listed ex as a guide and change with experience.

Do any combination of the above. Be sure to rest

**Day 4 & 5** - GUT CHECK DAYS

Take your time with the 3 x 5. Use this to grow strength

You may not be able to do 100 of an exercise. If you can, add weight. Challenge yourself to extremes.