

	Bench Press	15,12,8,2,4			
	Seated Shoulder Press	12,8,2,2,4			
D	Sit Ups	20			
A	Cable Cross Low	2x15			
Y	Barbell Lift to Chin	2x10			
	Cable Cross High	2x15			
1	Sit Ups	2x20			
	Jump Rope	2x50			
	Push Ups	2 x 15			
	DB Shoulder Press	2 x 15			
	Jump Rope	2 x 50			
	Sit Ups	2 x 20			
	Jump Rope	2x50			
	Squat	15,12,8,2,4			
	Sitff legged Deadlift	5 x 3			
	Reverse Crunch	20			
	Front Squat	2x12			
D	Single Leg Step Ups	2x12			
A	Bent Over Row	2 x 12			
Y	Reverse Crunch	2 x20			
	Jump Rope	2 x 50			
2	Leg Press	2x15			
	Pull Up	2 x max			
	Lat Pull Down	2 x 12			
	Leg Ext	2 x 15			
	Leg Curl	2x15			
	Reverse Crunch	2 x 20			
	Jump Rope	2x 50			
Day 3	Treadmil Walk	10 min			
	Bicep Barbell Curls	3 x 12			
	Bicep Dumbbell Curls	3 x 20			
	Eclipse	10 min			
D	Incline Bench Press	3x5			
A	Shoulder Press	3x5			
Y	Bike	10min			
	Push Ups	100			
4	Dumbbell Shoulder Press	100			
	Treadmil	10 min			
	Eclipse	10 min			
D	Squat	3x5			
A	Bike	10min			
Y	Lunges	100			
	Lat Pull Down	100			
5	Treadmil	10 min			

Day 1 & 2 - Each has 3 phases

Phase I: Lift normally but can super set the two exercises if short on time

Sit ups are your breaks between phases. Get water and bathroom breaks now. Decrease this time with experience

Phase II & III: Circuit training 1 set of each then a second set of each as soon as possible. Grow the # of sets

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

Day 4 & 5 - GUT CHECK DAYS

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