



Tha Troy

→ = Super Set = Perform one set of each exercise before resting

1. Day 1 Legs - 20 crunches after each routine, including bike = 100 total
 - a. Bike 10 minutes
 - i. Promotes blood flow and oxygen to the muscles
 - b. Leg Extensions → Leg Curls
 - i. LE (9 – 12 reps) → LC (12 – 15 reps) x 4
 - c. Squats (Barbell or Smith Machine)
 - i. 8 – 12 reps x 3
 - d. Lunges → Stiff Legged Dead Lifts
 - i. Failure → 10 – 12 reps x 2
 - e. BOSU squats x 2

2. Day 2 Chest and Triceps - 20 crunches after each routine, including Elliptical = 100 total
 - a. Elliptical 10 minutes
 - b. Push Ups
 - i. Failure x 4
 - c. Bench Press
 - i. 6 – 9 reps x 4
 - d. Chest Flies (Cable or Dumbbell) → Tricep Push Downs (Cable using rope or bar)
 - i. 8 – 12 reps x 3
 - e. BOSU Push Ups → Triceps Kickbacks
 - i. Failure → 10 – 12 x 4
 - ii.

3. Day 3 Back and Biceps - No crunches today
 - a. Treadmill 10 minutes
 - b. Lat Pull Downs
 - i. 15 – 20 reps x 2
 - ii. 12 – 15 reps x 2
 - c. Pull Ups
 - i. Failure x 5 (even if it's 1, make the attempt. This will grow)
 - d. Romanian Dead Lifts if desired
 - i. 8 – 11 reps x 4
 - e. Seated Rows → Cable Curls
 - i. 9 – 12 reps → 9 – 12 reps x 4
 - f. BOSU Cable Rows & BOSU Dumbbell Curls
 - i. 15 – 20 reps → 9 – 12 reps
 - ii. Stand on BOSU ball and use rope or bar to row toward you at the cable
 - iii. Keep abs tight

4. Day 4 Cardio, Abs, Calves
 - a. Bike (High Intensity) 10 minutes
 - b. Reverse Crunches 25 reps or failure → Seated Calf Raise 20 reps → x 4 (do all 4 without resting)
 - c. Elliptical (High Intensity) 10 minutes
 - d. Ball Exchange 25 reps or failure → Leg Press Calf Raise 20 reps → x 4 (do all 4 without resting)
 - i. Lay on ground face up with ball in hand, curl arms and legs up to put ball between feet, return ball to hands
 - e. Treadmill (Run as much of it as you can breaking it up as you need even if 30 sec at a time) 10 minutes
 - f. Full Sit Up 25 reps or failure → Air Squats 25 reps (don't stop until you get 25) → x 4 (do all 4 without resting)
 - i. Lay on ground face up, knees Indian style feet touching. Curl up and touch feet, return and repeat
 - g. Stretch