

Workout schedule

Monday = chest + abs

Tuesday = Back + hiit

Wednesday = legs + butts

Thursday = abs

Friday = compound exercise + Arms

Saturday = cardio + hiit

Sunday = outdoor + abs or Rest

Chest + abs

Warmup = pushups (VARIATIONS)

- 1.Barbell bench press 4×10-15
- 2.Dips 4×max
- 3.Pec dec fly 4×10-15
- 4.Decline dumbbell fly 4×10-15
- 5.Pullover 3×12
- 6.Abdominal hip raise scissor 4×15
- 7.Hand to feet ball pass 4×12
- 8.Mountain climber 4×30
- 9.Side plank under over 4×12
- 10.Rope crunches 4×15

Back

Warmup = Band pullups

- 1.Reverse grip lat pulldown 4×15
2. V bar lat pulldown 4×15
3. Incline dumbbell row 4×15
4. Straight arm cable pulldown 4×15
5. Good morning 3×15
6. Deadlift 5×max

Legs

Squats variations

- 1.Deep squat (legs inside & out alternative) 6×20
2. Hyper bench booty lift with ball 4×15
3. Reverse weighted lunge 4×15
4. Cable leg side swing 4×12
5. Cable leg kickback 4×15
6. Leg press 3×12
7. Walking lunges 3×18
8. Calf raise 3×30

Abs

1. Ab crunch 3×30sec.
2. Oblique touch 3×30sec.
3. Bicycle crunch 3×30sec.
4. Jacknife crunch 3×30sec.
5. Isometric side plank 3×30 sec.
6. Flutter kick 3×30sec.
7. Around the world 3×30 sec.
8. Plank with toe touch 3×30sec.
9. Spider plank 3×30sec.
10. Plank alternate reach 3×30sec.
11. Full body dolphin 3×30sec.

Compound exercise + abs

1. Dumbbell curl 4×12
2. Hammer curl to shoulder press 4×12
3. Upright row 4×14
4. Dips with legs up 4×12
5. Single arm band row 4×12
6. Band curl 4×12
7. Single arm front raise 4×12
8. Clean & press 4×15
9. Seated row 4×15
10. chest press 4×15
11. Upright row 4×15
12. Trap bar deadlift 4×max

Cardio

1. Bench mountain climber 3×45sec.
2. Bench pushup 1×45
3. Bench v ups 1×45sec.
4. Side lunges 1×45sec.
5. Plank hip dips 1×45sec.
6. Ski jump on bench 3×45sec.
7. Leg lift 3×45sec.