

WEEK 1

Workout 1

A leg extension 3x12-12
B goblet squats 20/15/10/10
C single leg press 3x12 each
D regular leg press 2x20
E1 abduction 3x15
E2 adduction 3x15
F hip trust (band) 20/15/10/10

Workout 2

A1 push-ups 3x12
A2 cable fly 3x15
B DB press (close parallel grip) 10/12/15/10
C1 shoulder press DB 10/12/15/10
C2 lateral fly DB 15/12/10/15
D upright rows (cable, bar) 2x20
E1 triceps extension 15/15/12-12
E2 DB hammer curls 12/12/20

Workout 3

A lat pull downs 4x12
B1 single arm row DB 3x10
B2 lat pull downs (close, parallel) 3x15
C reverse fly DB 10/15/10/15
D glute kick-back 3x15
E split squats (50%) 3x10 each
F hamstring curls 15/12/10/15
G stiff leg deadlifts 3x8
H leg extension 3x20

WEEK 2

Workout 1

A1 leg extension 3x15
A2 leg press 3x12
B goblet squats DB 12/10/8/15
C leg extension 2x20
D1 abduction 3x20
D2 hip trust (band) 3x15
E walking lunges 1 x 100
Abs- hanging leg raises 4x15

Workout 2

A incline bench press BB 3x10
B1 DB fly 3x12
B2 DB press (close parallel grip) 3x10
C Arnold press DB 3x12
D1 lateral fly DB 15/10/15
D2 upright rows BB 10/15/10
E1 dips 3x max.
E2 DB alternate biceps curls 3x20
Abs - reverse crunches 4x20

Workout 3

A stiff arms pull downs 3x15
B bend over rows BB 3x12
C lat pull downs behind 2x20
D1 reverse fly (cables) 4 x 12
D2 hyperextension 4x12
E single leg hip trust 3 x 12 each
F sumo squats DB 3x12
G hamstring curls 10/20/10/20
H deadlifts 4 x 8

Abs

Lying toes touching 4x20

WEEK 3

Workout 1

- A goblet squats 3 x 20
- B1 single leg extension 3 x 12
- B2 single leg press 3 x 12
- C step ups (dumbbells) 3 x 12 each
- D hip trust (bar) 15/12/10/10
- E stiff leg deadlifts (bar) 3 x 15
- F walking lunges 1 x 100

Abs

- A1 hanging leg raises 4 x 12
- A2 toe touches 4 x 12 (2 seconds hold)

Workout 2

- A1 cable fly 3 x 15
- A2 flat bench press (bar) 3 x 8
- B inclined Bench press DB (single-single-Double) 3 x 8
- C1 side raises DB 3 x 15
- C2 shoulder press behind 3 x 10
- D1 front raises DB 3 x 10
- D2 side raises DB 3 x 10
- D3 shoulder press DB 3 x 12
- E1 cable extension (ez bar) 3 x 15
- E2 flat bar curls 3 x 15

Abs

- A1 reverse sit ups (incline bench) 3 x 15
- A2 regular sit ups 3 x 15

Workout 3

- A stiff arm pull downs 3 x 15
- B1 single arm rows DB 3 x 15
- B2 lat pull downs (close parallel grip) 3 x 12
- C DB deadlifts 3 x 15
- D reverse fly (cables) 15/12/10/10
- E1 single leg kick back (cables) 3 x 15
- E2 back lunges (smith machine) 3 x 12
- F sumo squats (t-bar) 4 x 8
- G hamstring curls (machine) 3 x 20

Abs

- A1 seated oblique twist DB 3 x 20
- A2 plank on the ball 45 seconds x 3

WEEK 4

Workout 1

A leg extension 4 x 15-15
B step ups (bar) 4 x 12 each
C jumping squats DB 4 x 20
D walking lunges 1 x 100
E hip trust (smith machine) 20/15/10
F stiff leg deadlifts DB 3 x 15

Abs

A1 hanging leg raises 3 x 15
A2 sit ups 3 x 15

Workout 2

A DB press (incline bench) 15/10/8/8
B1 dips 3 x 12
B2 cable fly 3 x 15
C push-ups 2 x max
D DB shoulder press 3 x 10
E DB side raises 3 x 20
F upright rows 2 x 20
G1 hammer curls (rope) 3 x 15
G2 skull crushers (db, incline bench) 3 x 12

Abs

A1 rope (cables) crunches 3 x 20
A2 lying leg raises 3 x 15

Workout 3

A stiff arm pull downs (rope) 3 x 15
B t-bar rows 3 x 12
C lat behind 3 x 15
D bend over rows (reverse grip) 3 x 12
E1 hyperextension 3 x 15
E2 reverse fly DB 3 x 12
F Kickbacks (cable) 3 x 15
G1 sumo squats (smith machine) 3 x 12
G2 abduction 3 x 12
G3 hamstring curls 3 x 20

Abs

A1 lying bicycle crunches 3 x 20
A2 plank on the ball 3 x 40-60 seconds

WEEK 5

Workout 1

A goblet squats 20/10/10/20
B single leg press 3 x 12 each
C leg extension 3 x 12-12
D single leg kick back 3 x 15 each
E hip trust (smith) 2 x 20
F walking lunges 1 x 100

Abs

Stirring the pot (ball) 4 x 10 each

Workout 2

A1 cable fly 3 x 15
A2 push-ups 3 x max
B incline bench parallel grip press DB 3 x 10
C1 lateral fly DB 20/10/20/10
C2 military press behind BB 10/20/10/20
D1 triceps dips on the bench 3 x 12
D2 hammer curls 3 x 12
E1 triceps push downs rope 10/15/20
E2 spider curls ez bar 3 x 12

Abs

A1 reverse crunches (incline bench) 3 x 15
A2 sit ups 3 x 12

Workout 3

A1 chin ups 3 x 8
A2 lat pull downs 3 x 10
B bent over rows 3 x 12
C upright rows (rope, bar) 3 x 15
D1 hip trust bar 3 x 12
D2 beck lunges bar 3 x 20
E1 abduction 3 x 25
E2 sumo squats DB 3 x 10
F deadlifts 15/10/6/6

Abs

A1 hanging leg raises 3 x 15
A2 rope crunches 3 x 15

WEEK 6

Workout 1

A1 leg extension 3 x 15
A2 squats (smith machine, close stand) 3 x 12
B single leg press 10/15/20
C1 single leg hip trust 3 x 15
C2 single leg RDL (airplanes) 3 x 12
D walking lunges 1 x 100

Abs

Steering the pot (ball) 4 x 10 each side

Workout 2

A DB press (single-single-double) 3 x 10
B1 cable fly 3 x 20
C push-ups 1 x max (knees down)
D DB shoulder press 12/10/8/8
E single arm side raises (cables) 3 x 15
F1 EZ bar biceps curls 4 x 20
F2 cable push downs (rope) 4 x 20

Abs

A1 hanging leg raises 3 x 15
A2 sit ups 3 x 15
A3 steering the pot 3 x 10 each side

Workout 3

A lat pull downs (wide) 3 x 12
B1 single arm rows 3 x 10
B2 lat pull downs (close, parallel) 3 x 10
C bent over rows (reverse grip) 3 x 15
D reverse fly DB 12/15/20/20
E glute kick back 3 x 15
F hip trust (bar) 3 x 12
G back lunges 2 x 50
F deadlifts DB 3 x 12
H jumping squats 2 x 25

Abs

A1 crunches 2 x 15
A2 bicycle crunches 3 x 20
A2 V hold 30 sec.

WEEK 7

Workout 1

- A Leg extension 3 x 12-12 (drop)
- B do let squats (heels elevated) 3 x 10
- C leg press 3 x 20
- D hip trust (smith) 4 x 10
- E stiff leg deadlifts 3 x 15
- F walking lunges 60 reps

Abs

- A Steering the pot 3 x 10 each side
- B side plank 3 x 30 sec. each side

Workout 2

- A cable fly 3 x 15
- B DB incline press 12/10/8/8
- C Arnold press 4 x 12
- D lateral raises DB 3 x 10-10 drop set
- E1 cable push down (rope) 3 x 15
- E2 ez bar curls 3 x 12
- F1 hammer curls (rope) 3 x 15
- F2 dips 3 x max

Abs

- A1 reverse sit-ups 3 x 15
- A2 v-holt twists (dumbbell) 3 x 20

Workout 3

- A1 stiff arms pull downs (rope) 3 x 12
- A2 t-bar rows 3 x 10
- B lat pull downs (wide) 12/10/8
- C bent over rows DB 3 x 12
- D single leg kick back 3 x 15
- E1 abduction 3 x 20
- E2 sumo squats DB 3 x 10
- F step ups 3 x 12 each leg
- G hyperextension 3 x 15

Abs

- A1 crunches 3 x 12
- A2 sit ups 3 xx12
- A2 bicycle crunches 3 x 12

WEEK 8

Workout 1

- A leg extension 3 x 12-12
- B leg press 2 x 50
- C goblet squats 3 x 8
- D hamstring curls 3 x 15
- E glute-hamstring raises 2 x 10
- F walking lunges 1 x 80

Abs

- A steering the pot 3 x 12 each side
- B side plank hip raises 3 x 12 each

Workout 2

- A DB press (flat bench) single-single-double 3 x 10
- B pec deck fly 10/12/15
- C1 DB lateral raises 3 x 12
- C2 military press behind 3 x 10
- D upright rows barbell 2 x 15
- E1 dips 3 x 12
- E2 spider curls 3 x 12
- F1 cable push downs (rope) 2 x 15
- F2 hammer curls (rope) 2 x 15

Abs

- A1 hanging leg raises 4 x 12
- A2 cable crunches 3 x 15

Workout 3

- A1 chin ups 3 x 6
- A2 lat pull downs wide 3 x 10
- B single arm DB rows (deload) 3 x 8
- C reverse fly DB 3 x 15
- D rack pulls 3 x 10
- E back lunges smith machine 3 x 12 each
- F hip trust smith machine 3 x 10
- G1 sumo squats 3 x 8
- G2 abduction 3 x 20

Abs

- A1 hanging leg raises 3 x 10
- A2 steering the pot 3 x 10 each
- A3 plank on the ball (one foot in the air) 3 x 45 sec