

Day 1: Upper Body				
Muscle	Exercise Name and Link	Timer	Reps	Sets
Chest	Barbell Bench Press	60 sec	10	3
Chest	Barbell Incline Bench Press	60 sec	10	3
Back	Wide Grip Lat Pulldown	60 sec	10	3
Shoulders	Barbell Shrug	60 sec	12	3
Biceps	Dumbbell Alternate Bicep Curl	60 sec	10	3
Shoulders	Standing Military Press	60 sec	12	3
Triceps	Barbell Triceps Extension	60 sec	10	3
Forearms	Barbell Behind The Back Wrist Curl	60 sec	15	3
Abs	Crunches	60 sec	15,15,15	3
Abs	Air Bike	60 sec	15,15,15	3
Cardio	Treadmill Running	20 min	-	-
Cardio	Walking	5 min	-	-
Day 2: Lower Body				
Muscle	Exercise Name and Link	Timer	Reps	Sets
Upper Legs	Barbell Squat	60 sec	10	3
Back	Barbell Deadlift	60 sec	10	3
Upper Legs	Leg Press	60 sec	10	3
Lower Legs	Calf Press On Leg Press	60 sec	10	3
Upper Legs	Leg Extensions	60 sec	10	3
Back	Cable Seated Row	60 sec	10	3

Back	Back Extensions - Hyperextensions	60 sec	12	3
Abs	Crunches	60 sec	15,15,15	3
Abs	Air Bike	60 sec	15,15,15	3
Cardio	Treadmill Running	20 min	-	-
Cardio	Walking	5 min	-	-
Day 3: Upper Body				
Muscle	Exercise Name and Link	Timer	Reps	Sets
Chest	Dumbbell Fly	60 sec	10	3
Chest	Dumbbell Incline Fly	60 sec	10	3
Back	One Arm Dumbbell Row	60 sec	10	3
Shoulders	Dumbbell Shoulder Press	60 sec	10	3
Biceps	Incline Bench Dumbbell Curl	60 sec	10	3
Shoulders	Dumbbell Shoulder Shrug	60 sec	12	3
Triceps	Dumbbell Standing Triceps Extension	60 sec	10	3
Forearms	Barbell Behind The Back Wrist Curl	60 sec	15	3
Triceps	Chest Dip	60 sec	12	3
Abs	Crunches	60 sec	15,15,15	3
Abs	Air Bike	60 sec	15,15,15	3
Cardio	Treadmill Running	20 min	-	-
Cardio	Walking	5 min	-	-

Day 4: Lower Body				
Muscle	Exercise Name and Link	Timer	Reps	Sets
Upper Legs	Barbell Front Squat	60 sec	10	3
Upper Legs	Barbell Lunge	60 sec	10	3
Upper Legs	Seated Leg Curl	60 sec	10	3
Back	Barbell Bent Over Row	60 sec	10	3
Lower Legs	Standing Barbell Calf Raise	60 sec	10	3
Back	Cable Seated Row	60 sec	10	3
Back	Back Extensions - Hyperextensions	60 sec	12	3
Abs	Crunches	60 sec	15,15,15	3
Abs	Air Bike	60 sec	15,15,15	3
Cardio	Treadmill Running	20 min	-	-
Cardio	Walking	5 min	-	-