

## Sample Workout

### **Day 1 – Chest/Shoulders**

*Each pair of exercises is considered one set and are performed consecutively.*

- Incline Presses/Lateral raises
- Bench/Rear-delt dumbbell raises
- Cable crossovers/Upright rows
- Military press/Shrugs

### **Day 2 – Cardio 30 minutes**

- Bike or Treadmill

### **Day 3 – Back/Arms**

*Each pair of exercises is considered one set and are performed consecutively.*

- Wide-grip pull-downs/Triceps extensions
- Low rows/Close-grip triceps
- T-bar rows/Kickbacks
- Reverse curls/Concentration curls

### **Day 4 – Cardio 30 minutes**

- Bike or Treadmill

### **Day 5 – Legs**

*Each pair of exercises is considered one set and are performed consecutively.*

- Leg Extensions/Leg curls
- Leg press/Stiff-legged deadlifts
- Squats/Good mornings

### **Day 6 – Cardio 30 minutes**

- Bike or Treadmill

### **Day 7 – Rest**