



## Jon Marshall's Sample Workout

### Sample Workout

#### Day 1 – Chest

- Barbell Bench Press (Warmup) - 14 reps
- Incline Barbell Bench Press- 3x5 reps
- Incline Dumbbell Bench Press- 3x5 reps
- Tri-Set (Cable-crossovers, pec-dec, push-ups) - 3x8 reps

#### Day2 – Shoulders

- Shoulder Press - 3x5 reps
- Bent-Over Raises - 3x5 reps
- Front Raises - 3x5 reps
- Upright Rows - 3x5 reps

#### Day 3 – Arms

##### (Biceps)

- Barbell Preacher Curls - 3x5 reps
- One-Arm Dumbbell Preacher Curl - 3x5 reps
- Incline Hammer Curls - 3x5 reps

##### (Triceps)

- Triceps Pushdowns - 3x5 reps
- Incline Triceps Extensions - 3x5 reps
- Bi-set: Kick-backs/Dips (no specific reps)

#### Day 4 – Off

#### Day 5 – Back

- Lat Pulldowns - 3x5 reps
- Bent-Over Rows - 3x5 reps
- Seated Rows - 3x5 reps
- Pullovers - 3x8 reps
- Shrugs - 3x5 reps

#### Day 6 – Legs

- Leg Extensions - 4x8 reps
- Leg Curls - 4x8 reps
- Hack Squat - 4x8 reps
- Smith Squats - 4x8 reps
- Dumbbell Lunges - 3x5 reps

#### Everday – Abs

- Hanging Leg Raises - 4x10 reps
- Cable Crunches - 4x8 reps
- Side Bends - 4x25 reps
- Exercise Ball Crunches - 4x25 reps

#### Jon Talks Cardio:

"I do 35 to 45 minutes of cardio per day using the reclined bike, treadmill, and elliptical machine."