



**TUESDAY - SESSION**

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**F**

**1) MOUNTAIN CLIMBER**

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3 sets x 20 repetitions

set 1 \_\_\_\_

set 2 \_\_\_\_

set 3 \_\_\_\_

set 4 \_\_\_\_

set 5 \_\_\_\_

**2) OBLIQUE SIDE BEND  
ON HYPEREXTENSION  
BENCH**

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set 1 \_\_\_\_

set 2 \_\_\_\_

set 3 \_\_\_\_

set 4 \_\_\_\_

set 5 \_\_\_\_

**3) CABLE CRUNCH**

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3 sets x 15 to 20 repetitions

set 1 \_\_\_\_

set 2 \_\_\_\_

set 3 \_\_\_\_

set 4 \_\_\_\_

set 5 \_\_\_\_

**TUESDAY - SESSION**

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**D**

**1) AB COASTER**

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3 sets x 20 repetitions

set 1 \_\_\_\_

set 2 \_\_\_\_

set 3 \_\_\_\_

set 4 \_\_\_\_

set 5 \_\_\_\_

**2) CABLE OBLIQUE  
TORSO ROTATION**

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3 sets x 15 to 20 repetitions

set 1 \_\_\_\_

set 2 \_\_\_\_

set 3 \_\_\_\_

set 4 \_\_\_\_

set 5 \_\_\_\_

**3) KNEELING ROPE**

**CRUNCH**

## CRUNCH

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3 sets x 15 to 20 repetitions

set 1 \_\_\_\_

set 2 \_\_\_\_

set 3 \_\_\_\_

set 4 \_\_\_\_

set 5 \_\_\_\_

## THURSDAY - SESSION

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A

### 1) SQUATS

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set 1 x 20 repetitions

set 2 x 15 repetitions

set 3 x 12 repetitions

set 4 x 10 repetitions

set 1 \_\_\_\_

set 2 \_\_\_\_

set 3 \_\_\_\_

set 4 \_\_\_\_

set 5 \_\_\_\_

### 3) SEATED LEG CURL

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set 1 x 20 repetitions

set 2 x 15 repetitions

set 3 x 12 repetitions

set 4 x 10 repetitions

set 1 \_\_\_\_

set 2 \_\_\_\_

set 3 \_\_\_\_

set 4 \_\_\_\_

set 5 \_\_\_\_

### 2) LEG EXTENSION

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set 1 x 20 repetitions

set 2 x 15 repetitions

set 3 x 13 repetitions

set 4 x 10 repetitions

set 1 \_\_\_\_

set 2 \_\_\_\_

set 3 \_\_\_\_

set 4 \_\_\_\_

set 5 \_\_\_\_

### 4) ABDUCTOR

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set 1 x 20 repetitions

set 2 x 15 repetitions

set 3 x 12 repetitions

set 1 \_\_\_\_

set 2 \_\_\_\_

set 3 \_\_\_\_

set 4 \_\_\_\_

set 5 \_\_\_\_

### 5) ADDUCTOR

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set 1 x 20 repetitions

set 2 x 15 repetitions

set 3 x 12 repetitions

set 1 \_\_\_\_

set 2 \_\_\_\_

set 3 \_\_\_\_

set 4 \_\_\_\_

set 5 \_\_\_\_

D

### 1) ARNOLD PRESS

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set 1 x 20 repetitions

set 2 x 15 repetitions

set 3 x 12 repetition

set 1 \_\_\_\_

set 2 \_\_\_\_

set 3 \_\_\_\_

set 4 \_\_\_\_

set 5 \_\_\_\_

### 2) MACHINE SIDE LATERAL RAISE

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set 1 x 20 repetitions

set 2 x 15 repetitions

set 3 x 12 repetitions

set 1 \_\_\_\_

set 2 \_\_\_\_

set 3 \_\_\_\_

set 4 \_\_\_\_

set 5 \_\_\_\_

### 3) BENT DUMBBELL RAISE

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set 1 x 15 repetitions

set 2 x 12 repetitions

set 3 x 10 repetitions

set 1 \_\_\_\_

set 2 \_\_\_\_

set 3 \_\_\_\_

set 4 \_\_\_\_

set 5 \_\_\_\_