



fitness magazine STUDIO

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Lets hit it!

OVERVIEW

I'm currently focussed on building muscle and strength, therefore my workouts are structured towards more isolated movements and set/rep progressions - that allow me to increase weight lifted. I perform an ab routine 3 times a week after a workout. Rest periods are 30-60 sec between sets, I like to keep the rest shorter in my lighter sets and up to 60 sec when I am lifting heavier.

EQUIPMENT

I switch between gym and home training, alternatives have been listed. You'll need a range of dumbbells, resistance bands, stability ball and a mat. You can use stairs as steps for some of the moves listed.

What this week looks like...

Abs after three workouts of five

Ab Exercises	Comment
Plank	Set 1: 1 min Set 2: 45sec Set 3: 30 sec Set 4: 30 sec
Side plank	Set 1: 30 sec Set 2: 25 sec Set 3: 20 sec Set 4: 15 sec
Sit ups	Set 1: 15 reps Set 2: 15 reps Set 3: 12 reps Set 4: 12 rep
Dumbbell side bends	15 Reps

MONDAY:

Legs

TUESDAY:

Back and shoulders

WEDNESDAY:

Full body circuits

THURSDAY:

Arms

FRIDAY:

Legs



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MONDAY: Legs

Exercise	Sets	Sets & Reps	Comment
Leg press (Home alternative: weighted squats)	4	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Set 4: 8 reps	As your reps decrease, you should be increasing your weight.
Sumo squats	4	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Set 4: 8 reps	As your reps decrease, you should be increasing your weight.
Alternating lunges	4	10 each leg	To increase resistance add weights.
Lying leg curl (Home alternative: stability ball hamstring curls)	4	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Set 4: 10 reps	As your reps decrease, you should be increasing your weight.
Standing calf raise (Home alternative: standing on step/ stairs)	4	20 each set	



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TUESDAY: Back & shoulders

Back Exercises	Sets	Sets & Reps	Comment
Wide-grip latpull-down (Home alternative: Assisted band pull ups)	5	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Set 4: 8 reps Set 5: 6 reps	As your reps decrease, you should be increasing your weight.
Dumbbell Pullover	5	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Set 4: 8 reps Set 5: 6 reps	As your reps decrease, you should be increasing your weight.
One-arm seated row-machine (Home alternative: Bent over dumbbell row or seated band row)	4	Set 1: 15 reps Set 2: 15 reps Set 3: 12 reps Set 4: 12 reps	Increase your weight in sets 3 and 4
Back hyper extensions (Home alternative: Good mornings or hyper extensions on stability ball)	4	Set 1: 15 reps Set 2: 15 reps Set 3: 12 reps Set 4: 12 reps	Add weight here only if you're experienced in this movement
Shoulders Exercises	Sets	Sets & Reps	Comment
Seated military shoulder press machine	3	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps	Increase your weight as your reps decrease
Lateral raise	4	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 6 reps	If you're able to, increase the weights in the last 2 sets.
Front raise	4	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 6 reps	If you're able to, increase the weights in the last 2 sets.



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WEDNESDAY: Full body circuit

Exercises	Comment
<p>Jump squats x 15 reps Jumping lunges x 10 reps per side Burpees x15 reps 1 Minute mountain climbers</p>	<p>Repeat this circuit 3 to 4 times with one minute rest between rounds</p>
<p>Flutter kicks x 15 reps Bicycle crunch x 15 reps Push-ups x 10 reps</p>	<p>Repeat this circuit 3 times with one minute rest between rounds</p>
<p>Bulgarian lunges x 10 reps Reverse lunges x 10 reps Step-up jumps (on to step) x 10 reps</p>	<p>Perform this circuit on one side, break for 1 minute and then repeat on the other side. Repeat this circuit 3 times</p>
<p>Finisher for 2 minutes Push-ups x 5 reps Burpees x 5 reps Jump squats x 5 reps</p>	<p>Repeat this circuit as many times as possible for 2 minutes without stopping.</p>



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THURSDAY: Arms

Exercises	Set	Sets & Reps	Comment
Alternating dumbbell curls	4	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Set 4: 8 reps	As your reps decrease, you should be increasing your weight.
Preacher machine curls (Home alternative: Dumbbell concentration curl)	4	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Set 4: 8 reps	As your reps decrease, you should be increasing your weight.
Dumbbell hammer curls	4	Set 1: 10 reps Set 2: 10 reps Set 3: 8 reps Set 4: 6 reps	As your reps decrease, you should be increasing your weight.
Cable tricep extensions (Home alternative: Single arm tricep kickbacks)	4	Set 1: 12 reps Set 2: 10 reps Set 3: 8 reps Set 4: 6 reps	As your reps decrease, you should be increasing your weight.
Overhead dumbbell extensions	4	Set 1: 10 reps Set 2: 10 reps Set 3: 8 reps Set 4: 8 reps	Increase your weight in sets 3 and 4
Reverse-grip cable triceps pull down (Home alternative: Dips)	3	Set 1: 10 reps Set 2: 10 reps Set 3: 8 reps	If you're doing dips instead, complete 15 reps each set



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FRIDAY: Legs

Exercise	Sets	Sets & Reps	Comment
Squats	4	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Set 4: 8 reps	As your reps decrease, you should be increasing your weight.
Goblet squats	4	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Set 4: 8 reps	As your reps decrease, you should be increasing your weight.
Walking lunges	4	20 Steps	To increase resistance add weights
Straight leg deadlift	4	Set 1: 15 reps Set 2: 12 reps Set 3: 10 reps Set 4: 10 reps	As your reps decrease, you should be increasing your weight.
One leg calf raise	4	20 each set	Perform this off a platform to increase the calve range of motion, and add weights if you can.



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