

Weeks 1 & 2 – Exercise Cheat Sheet

<p style="text-align: center;"><u>Monday</u></p> <p>- Chest -</p> <ul style="list-style-type: none"> • Incline dumbbell press • Flat dumbbell press • decline dumbbell press • Incline dumbbell fly • flat dumbbell fly • Cable crossovers <p>- Triceps -</p> <ul style="list-style-type: none"> • Rope Push Downs • Straight Bar (or V-Bar) Pushdowns • Skull Crushers • 2-Arm Overhead Dumbbell Extensions (seated) • Unilateral Push Downs (do one arm at a time) <p>- Abs - (Do these after the series above)</p> <ul style="list-style-type: none"> • Twisting Sit Ups – 2 x 20 reps • Knee Raises – 2 x 20 reps (Use a Roman Chair) • Side Bends – 2 x 15 reps 	<p style="text-align: center;"><u>Wednesday</u></p> <p>- Back -</p> <ul style="list-style-type: none"> • Pull Downs (wide grip) • Bent Over Barbell Rows (wide grip) • Bent Over Barbell Rows (close grip, hands about 6-8 inches apart) • Reverse Grip Pull Downs • Seated Cable Rows • Straight Arm Pull Down <p>- Biceps –</p> <ul style="list-style-type: none"> • Standing Barbell Curl (wide grip) • Standing Barbell Curl Close Grip (hands spaced 8 inches apart) • Seated Dumbbell Curl • Incline Dumbbell Curl • Hammer Curls • Standing Cable Curls <p>- Abs - (Do these after the series above)</p> <ul style="list-style-type: none"> • Decline Sit Ups – 2 x 20 reps (Use a slant board for these) • Weighted Knee Raises – 2 x 15 reps (Use a Roman Chair with a light dumbbell) • Side Bends – 2 x 15 reps
<p style="text-align: center;"><u>Friday</u></p> <p>- Shoulders -</p> <ul style="list-style-type: none"> • Seated Dumbbell Press • Standing Dumbbell Lateral Raise • Unilateral Cable Lateral Raise (one arm at a time) • Upright Rows (close grip) • Front Dumbbell Raise • Shrugs (using a barbell) <p>- Abs - (Do these after the series above)</p> <ul style="list-style-type: none"> • Standard Crunches – 2 x 25 reps (or till failure) • Planks – 3 x 1 minute 	<p style="text-align: center;"><u>Saturday</u></p> <p>- Quads -</p> <ul style="list-style-type: none"> • Leg Extensions • Leg Press (feet close together) • Leg Press (feet placed high and wide) • Hack Squat (feet close together) • Hack Squat (feet wide) • Lunges (using a Smith Machine or walking) <p>- Hamstrings -</p> <ul style="list-style-type: none"> • Lying Leg Curl • Seated Leg Curl

Weeks 3 & 4 – Exercise Cheat Sheet

<p style="text-align: center;"><u>Monday</u></p> <p>- Back -</p> <ul style="list-style-type: none"> • Pull Downs (wide grip) • Reverse Grip Pull Downs • Seated Cable Rows • Straight Arm Pull Down • Bent Over Barbell Rows (wide grip) • Bent Over Barbell Rows (close grip, hands about 6-8 inches apart) <p>- Biceps –</p> <ul style="list-style-type: none"> • Seated Dumbbell Curl • Incline Dumbbell Curl • Hammer Curls • Standing Barbell Curl (wide grip) • Standing Barbell Curl Close Grip (hands spaced 8 inches apart) • Standing Cable Curls <p>- Abs - (Do these after the series above)</p> <ul style="list-style-type: none"> • Decline Sit Ups – 2 x 20 reps (Use a slant board for these) • Weighted Knee Raises – 2 x 15 reps (Use a Roman Chair with a light dumbbell) • Side Bends – 2 x 15 reps 	<p style="text-align: center;"><u>Wednesday</u></p> <p>- Quads -</p> <ul style="list-style-type: none"> • Leg Press (feet close together) • Leg Press (feet placed high and wide) • Leg Extensions • Hack Squat (feet close together) • Hack Squat (feet wide) • Lunges (using a Smith Machine or walking) <p>- Hamstrings -</p> <ul style="list-style-type: none"> • Seated Leg Curl • Lying Leg Curl <p>- Abs - (Do these after the series above)</p> <ul style="list-style-type: none"> • Standard Sit Ups – 2 x 20 reps (Use a slant board if possible) • Side Bends – 2 x 15 reps
<p style="text-align: center;"><u>Friday</u></p> <p>- Chest -</p> <ul style="list-style-type: none"> • Incline dumbbell fly • flat dumbbell fly • Cable crossovers • Incline dumbbell press • Flat dumbbell press • decline dumbbell press <p>- Triceps -</p> <ul style="list-style-type: none"> • 2-Arm Overhead Dumbbell Extensions (seated) • Unilateral Push Downs (do one arm at a time) • Rope Push Downs • Straight Bar (or V-Bar) Pushdowns • Skull Crushers <p>- Abs - (Do these after the series above)</p> <ul style="list-style-type: none"> • Twisting Sit Ups – 2 x 20 reps (crossing up to each side is a rep) • Knee Raises – 2 x 20 reps (Use a Roman Chair or hanging) • Side Bends – 2 x 15 reps 	<p style="text-align: center;"><u>Saturday</u></p> <p>- Shoulders -</p> <ul style="list-style-type: none"> • Unilateral Cable Lateral Raise (one arm at a time) • Upright Rows (close grip) • Seated Dumbbell Press • Standing Dumbbell Lateral Raise • Front Dumbbell Raise • Shrugs (using a barbell) <p>- Abs - (Do these after the series above)</p> <ul style="list-style-type: none"> • Standard Crunches – 2 x 25 reps (or till failure) • Planks – 2 x 1 minute • Side Planks – 2 x 1 minute (on each side)

Notes

These “Exercise Cheat Sheets” were created so you can print them off and bring them to the gym to reference during your workouts.

They’re small and condensed so you can put them in your gym bag, carry them in your pocket, or even just download the PDF of them to your phone.

Remember the main points for these workout routines:

- 1) For each set and exercise (excluding abs, which has its own rep scheme) you’re doing 8 to 10 reps.
- 2) You should be using weights heavy enough that 8-10 reps bring you to failure.
- 3) For each muscle group on the given day, you’re doing all the exercises in the series with no rest between exercises. That’s one series. After you complete one full series, rest 1-2 minutes and repeat the series (so you’re doing a total of 2 series for each muscle group).
- 4) Each group of exercises is its own “series”. (Example: on Chest/Triceps days, you’re doing all 6 chest exercises, resting 1-2 minutes and then doing all the chest exercises again. Then you move on to triceps, doing 2 series of those exercises. Finally, do the abs exercises after you’re finished with those 4 series.)
- 5) As you progress through the series, you’ll likely have to drop the weight you’re using to hit the appropriate rep range as muscle fatigue will set in.