



WORKOUT DESCRIPTION:

This 5 day routine is designed to retain muscle mass while stripping fat! It's a mixture of cardio and weight training. This 5 day high definition routine is designed to increase muscle definition and burn bodyfat. A thorough cardio warm up at start of each day, stretches and cardio cool down at the end of the training session.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
ARMS	LEGS	CHEST	BACK	SHOULDERS	REST (CARDIO OPTIONAL)	REST

WORKOUT NOTES:

- 2 Warm up sets to be completed on 1st exercise per bodypart. 1st warm up set at a very light weight, 2nd warm up set at approx 1/2 weight to be used in working set.
- Cardio is low intensity for up to an hour twice per day; First thing in the morning before breakfast and evening time, at least 2 hrs before bedtime.
- Abdominals are performed after each training session
- 30 Seconds rest between sets

ABDOMINAL EXERCISES:

As stated, in this workout you should train your abs at the end of each session. Use these exercises:

- Decline Crunches - 4 sets of 20-25 reps
- Hanging Leg Raises - 4 sets of 20-25 reps
- Twisting Crunches - 4 sets of 20-25 reps

DAILY WORKOUT SCHEDULE:

DAY 1 - ARMS		
EXERCISE	SETS	REPS
BICEPS		
Barbell Curl	4	20, 15, 12, 10
Dumbbell Curl	3	15, 12, 10
Concentration Curl	3	15, 12, 10
TRICEPS		
Lying Tricep Extension	4	15, 12, 10, 10
Rope Pushdown	3	15, 12, 10
Dumbbell Extension	3	15, 12, 10
Standing calf raise	4	25 - 30



DAY 2 - LEGS

EXERCISE	SETS	REPS
QUADS, HAMSTRINGS AND GLUTES		
Squats	4	20, 15, 12, 10
Leg Press	3	15, 12, 10
Leg Extension	3	20, 15, 12
Leg Curl	4	20, 15, 12, 10
Straight Leg Deadlifts	3	15, 12, 10
CALVES		
Seated Calf Raise	3	15, 12, 10
Standing Calf Raise	3	20, 15, 12

DAY 3 - CHEST

EXERCISE	SETS	REPS
CHEST		
Incline Dumbbell Press	4	15, 12, 12, 10
Flat Dumbbell Press	3	15, 12, 10
Decline Dumbbell Press	3	15, 12, 10
Cable Crossovers	2	12
Incline Flys	2	12
CARDIO		
Light Run	Perform for 15 to 20 min at moderate pace.	



DAY 4 - BACK

EXERCISE	SETS	REPS
BACK		
Smith Machine Barbell Row	4	15, 12, 10, 10
Bent Over Dumbbell Rows	3	15, 12, 10
Wide Grip Pulldown	3	15, 12, 10
Seated Rowing	3	15, 12, 10
Hyper-Extension	4	15, 12, 10, 10
CARDIO		
Light Run	Perform for 15 to 20 min at moderate pace.	

DAY 5 - SHOULDERS

EXERCISE	SETS	REPS
SHOULDERS		
Dumbbell Press	4	15, 12, 10, 10
Side Lateral Raises	3	15, 12, 10
Dumbbell Rear Delt Fly	3	15, 12, 10
Dumbbell Shrugs	3	15, 12, 10
CARDIO		
Light Run	Perform for 15 to 20 min at moderate pace.	



GET LEAN. GET FIT. GET STRONG.
#CHALLENGEYOURSELF

W USN.CO.ZA f USN SA t @USNSA i @USNSA

