

8-WEEK SUMMER SLIM DOWN

with *Dianna Dahlgren*

the PROGRAM

WEEKS 1-4

- » MONDAY: Squats
- » TUESDAY: HIIT & Abs
- » WEDNESDAY: Upper Body
- » THURSDAY: Rest
- » FRIDAY: Lower Body
- » SATURDAY: Upper Body & HIIT
- » SUNDAY: HIIT

WEEKS 5-8

- » MONDAY: Squats
- » TUESDAY: HIIT & Abs
- » WEDNESDAY: Upper Body & HIIT
- » THURSDAY: Rest
- » FRIDAY: Lower Body
- » SATURDAY: Upper Body & HIIT
- » SUNDAY: Abs & HIIT

the WORKOUTS

Straight sets, unless otherwise noted.

Lift as heavy as you can while keeping good form.

EXERCISE	REPS
SQUATS	
SET 1: WARM-UP	10-15 REPS (LIGHT WEIGHT)
SET 2: INCREASE WEIGHT	8-10 REPS
SET 3: SAME AS SET 2	
SET 4: INCREASE WEIGHT	5-8 REPS
SET 5/6: SAME AS SET 4	
SET 7: DECREASE WEIGHT	5-8 REPS
SET 8: SAME AS SET 7	
SET 9: DECREASE WEIGHT	5-8 REPS
SET 10: DECREASE WEIGHT	8-12 REPS

EXERCISE	SETS	REPS
UPPER BODY 1		
PULL-UP	3 X UNTIL FAILURE	5-8
SEATED CLOSE-GRIP ROW	3	10
DUMBBELL HAMMER CURL	3	10
LYING TRICEPS EXTENSION	3	10
LATERAL RAISE	3	10
FRONT RAISE	3	10

LOWER BODY		
DEADLIFT	4	6-8
LEG PRESS	4	10
BARBELL HIP THRUST	4	10-12
STEP-UPS	3	10, EACH LEG
SEATED CALF RAISE	4	15-20
LEG EXTENSION MACHINE	4	20
LYING HAMSTRING CURL MACHINE	3	12-15

UPPER BODY 2		
PULL-UP	3 X UNTIL FAILURE	5-8
SHOULDER PRESS	3	8-10
CABLE BICEPS CURL	3	10
CABLE TRICEPS PRESSDOWN	3	10
BARBELL CHEST PRESS	3	12
PUSH-UPS	3	12-15

ABS 1

HANGING KNEE-UPS: 5 X 15 REPS
PLANK: 3 X 60 SECONDS

ABS 2

STABILITY BALL CRUNCHES: 3 X 25 REPS,
SUPERSET WITH
STABILITY BALL KNEE-INS: 3 X 12 REPS