

# HIGH-INTENSITY EXPLOSIVE TRAINING

with IFBB Pro *Justine Munro*

- Choose eight exercises per workout from the following list.
- Do three sets of 10 repetitions, resting one minute between sets.
- Use a weight that allows you to complete the sets with some difficulty (75 to 85 percent of maximum effort).
- Use good form for each exercise but try to perform each rep explosively.
- Each workout should contain two of the leg exercises, at least one ab exercise, one chest, one shoulder exercise, one back exercise and two arm exercises.
- Switch up the movements each workout– try to include most of these exercises into your workout each week.

## EXERCISE

### LEGS

ROMANIAN DEADLIFT  
SMITH MACHINE SQUAT  
SMITH MACHINE STATIONARY LUNGE  
LEG EXTENSION  
SEATED OR LYING LEG CURL  
LEG PRESS

### ABS

STABILITY BALL PIKE  
BICYCLE CRUNCH  
LEG RAISES  
CABLE CRUNCH

### SHOULDERS

BARBELL UPRIGHT ROW  
DUMBBELL SHOULDER PRESS  
LATERAL RAISE

### BACK

LAT PULLDOWN  
SMITH MACHINE BENT-OVER ROW

### ARMS

DUMBBELL HAMMER CURL  
CLOSE-GRIP TRICEPS BENCH PRESS  
PREACHER CURL  
BENCH DIP

### CHEST

SMITH MACHINE EXPLOSIVE PUSH-UP  
INCLINE CHEST PRESS

### PLYOMETRICS

SQUAT JUMP  
BOX JUMP  
TUCK JUMP  
SWITCH LUNGE