

5-DAY TOTAL BODY WORKOUT PLAN

MOVE QUICKLY THROUGH EACH EXERCISE WITH MINIMAL REST FOR BEST RESULTS. REST BETWEEN SETS SHOULD BE 30-45 SECONDS AND RESTS BETWEEN EXERCISES SHOULD BE ONLY THE LENGTH OF TIME IT TAKES YOU TO GET TO YOUR NEXT EXERCISE.

MONDAY: LEGS/CALVES

EXERCISE	SETS	REPS
LEG EXTENSIONS, TOES POINTED	4	15
SMITH MACHINE SQUATS	4	15
SHOULDER-WIDTH LEG PRESSES. FEET IN MIDDLE OF PLATFORM	4	15
DUMBBELL WIDE SQUAT SUPERSET WITH	4	15
NARROW-STANCE DUMBBELL SQUATS	4	15
SEATED CALF RAISE	6	15

TUESDAY: CHEST/SHOULDERS/TRICEPS

EXERCISE	SETS	REPS
INCLINE DUMBBELL PRESSES	4	15
PUSH-UPS	4	15
STANDING CABLE CROSSOVERS TO MIMIC A FLAT FLY	4	15
SIDE DUMBBELL LATERAL RAISES	4	15
SHOULDER-WIDTH BARBELL FRONT RAISES	4	15
SEATED DUMBBELL SHOULDER PRESSES	4	10
REAR DUMBBELL LATERAL RAISES	4	15
REVERSE-GRIP TRICEPS PUSH-DOWNS	4	15
STANDING TWO HAND DUMBBELL TRICEPS EXTENSION	4	15
ONE-ARM DUMBBELL SKULL-CRUSHERS TRICEPS EXTENSION	4	15 (EACH ARM)

WEDNESDAY: OFF/CARDIO ONLY

THURSDAY: BACK/BICEPS

EXERCISE	SETS	REPS
WIDE-GRIP PULL-DOWNS	4	15
SEATED SHOULDER-WIDTH REVERSE-GRIP PULL-DOWNS	4	15
ONE-ARM DUMBBELL ROWS	4	15
SEATED CLOSE-GRIP CABLE ROWS	4	12
SEATED AND BENT-OVER DUMBBELL PREACHER CURLS	4	15
INCLINE DUMBBELL CURLS	4	12
STANDING DUMBBELL CURLS	4	15

FRIDAY: LEGS/BUTT/CALVES

EXERCISE	SETS	REPS
LEG CURLS	4	15
SWING LUNGES	4	20
STIFF LEGS	4	15
REVERSE BARBELL LUNGES SUPERSET WITH	4	15
POP SQUATS	4	15
WALKING DUMBBELL DIAGONAL LUNGES	4	15
BUTT MACHINE	4	15
CABLE BUTT KICKBACKS	4	15
HYPEREXTENSIONS	4	15
STANDING CALF RAISES	6	20