Workout Routine 2018

**MONDAY: Arms 1** ( + Weightlifting?)

**TUESDAY: Legs 1** ( or Run?)

**WEDNESDAY: Core 1**

**THURSDAY: Rest day**

**FRIDAY: Arms 2** (+ Weightlifting?)

**SATURDAY: Core 2**

**SUNDAY: Legs 2** ( or Weightlifting?)

Roughly 30 mins – 1hr 45 mins workout per day

Arms 1 (Recommended 8-12 reps each exercise)

* Chin ups
* Heave presses **(Barbell used 10kg-25kg)**
* Bent over rows per arm **(Dumbbells)**
* Press ups
* Tricep dips **(Bench/ chair)**
* Bench press **(Bench and barbell)**
* Barbell curls **(Barbell used 20-22kg)**

Arms 2 (Recommended 8-12 reps each exercise)

* Dumbbell curls per arm **(Dumbbells)**
* Press ups
* Plank ups
* 2 min Plank hold
* Dumbbell pulls **(Dumbbells)**
* Dumbbell flys **(Dumbbells)**
* Chin ups **(Chin bar)**

Legs 1 (Recommended 8-12 reps each exercise)

If you are unable to exercise with a barbell for the squats, try normal squats and squat jumps either on the ground or up onto a higher level

* Front squats **(Barbell)**
* Back squats **(Barbell)**
* Hanging leg raises **(Chin up bar)**
* Seated leg curls **(Curl machine)**
* Step ups **(Barbell is optional)**
* Dumbbell lunges **(Dumbbells)**
* 2 min Wall sit

Legs 2 (Recommended 8-12 reps each exercise with perhaps 3 sets)

Increase % and decrease the reps and sets each week completed

* Back squat 70% of personal best
* Front squat 70% of personal best
* Deadlift 70% of personal best
* 10 one legged squats per leg (do not complete 8-12 of the 10 repetitions)

Core 1 (Recommended 8-12 reps each exercise)

* Hanging leg raises/ toe touches **(Chin bar)**
* Russian twists **(10kg weight)**
* Plank twists
* Leg raises
* Side plank under reach (Right and left side)
* Bicycle crunches (NO BICYCLE NEEDED)
* 2 min plank hold
* Ab roll outs **(Ab roller)**

Core 2 (Recommended 8-12 reps each exercise)

* Feet flat crunches
* Side plank (1 to 2 min hold on each side)
* Reverse crunches
* V Crunches
* Inclined sit-ups
* Bicycle crunches (NO BICYCLE NEEDED)
* Side plank under reach (Right and left side)
* Ab roll outs **(Ab roller)**