

7 DAY WORKOUT ROUTINE

7-DAY SPLIT WORKOUT

DAY 1: UPPER

- Barbell bench press- 5 sets of 5 reps
- Incline barbell bench press- 3 sets of 10-15 reps
- Barbell row- 5 sets of 5 reps
- Cable row- 3 sets of 10-15 reps
- Overhead press- 5 sets of 5 reps
- EZ bar curl- 3 sets of 10-15 reps
- Skullcrusher- 3 sets of 10-15 reps

DR WORKOUT

DAY 2: LEGS & ABS

- Deadlift- 5 sets of 5 reps
- Leg extension- 3 sets of 10-15 reps
- Leg Curl- 3 sets of 10-15 reps
- Leg press- 3 sets of 10-15 reps
- Calf Raise- 3 sets of 10-15 reps
- Decline crunches- 3 AMRAP sets
- Lying leg raises- 3 AMRAP sets

DAY 3: PUSH

- Push-ups- 3 sets of 10-15 reps
- Bench Press- 3 sets of 10-15 reps
- Incline Bench- 3 sets of 10-15 reps
- Overhead press- 3 sets of 10-15 reps
- Arnold press- 3 sets of 10-15 reps
- Tricep Pushdowns- 3 sets of 10-15 reps
- Cable overhead tricep extension- 3 sets of 10-15 reps

DAY 4: LEG & ABS

- Squat- 5 sets of 5 reps
- Lunges- 3 sets of 10-15 reps
- Leg extension- 3 sets of 10-15 reps
- Leg Curl- 3 sets of 10-15 reps
- Calf Raise- 3 sets of 10-15 reps
- V crunch- 3 AMRAP sets
- Bicycle crunch- 3 AMRAP sets

DAY 5: PULL

- Pull ups- 3 sets of 10-15 reps
- Lat pull down- 3 sets of 10-15 reps
- Cable row- 3 sets of 10-15 reps
- Barbell curl- 3 sets of 10-15 reps
- Incline dumbbell curls- 3 sets of 10-15 reps
- Cable reverse curl- 3 sets of 10-15 reps
- Shrugs- 3 sets of 10-15 reps

DAY 6: LEGS & ABS

- Deadlift- 5 sets of 5 reps
- Leg extension- 3 sets of 10-15 reps
- Leg curl- 3 sets of 10-15 reps
- Leg press- 3 sets of 10-15 reps
- Calf raise- 3 sets of 10-15 reps
- Tuck crunch- 3 AMRAP sets
- Russian twist- 3 AMRAP sets

DAY 7: UPPER

- Incline Barbell Bench Press- 5 sets of 5 reps
- Decline Barbell Bench Press- 3 sets of 10-15 reps
- Barbell row- 5 sets of 5 reps
- Lat Pull Down- 3 sets of 10-15 reps
- Overhead press- 5 sets of 5 reps
- Preacher Curl- 3 sets of 10-15 reps
- Cable triceps pushdown- 3 sets of 10-15 reps

The Fitness Guide Where To Work Out When Youre On The Road

Lloyd Bradley



The Fitness Guide Where To Work Out When You're On The Road:

Getting Fit Your Way, 1986 *The Men's Health Guide To Peak Conditioning* Richard Laliberte, 1997-04-15 Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear **A Beginners Guide to Working Out** Dr. W. Ness, 2019-09-23 The activities people do have a huge effect on their health and overall quality of life Getting enough physical exercise is actually a fairly simple process however most people seem to be confused about what a healthy amount of exercise is and how to even begin in part this is due to the explosion of new exercise trends that have popped up over the past 50 years These new exercise and workout trends can often lead to distractions and confusions about what constitutes a basic healthy and adequate exercise routine Inside this guide **A Beginners Guide to Working Out The Ultimate Guide to Starting an Exercise Routine for Physical Fitness** we hope to teach you the basis of what comprises a healthy exercise routine and how everyone can get a full workout as needed by their bodies to stay physically and medically healthy fit By reading our beginners guide to fitness you will learn How Much Exercise is Needed Every Day What the Best Types of Exercise Are The Different Type of Exercise Routines Where to Effectively Workout The Common Exercise Equipment People Use A 7 Day Example Exercise Routine The Added Health Benefits of Regular Exercise And so Much More Getting started on a regular healthy and non restrictive exercise program is easier and less time consuming than most people think *The Complete Idiot's Guide to Knockout Workouts for Every Shape* Illus Patrick S. Hagerman, 2006-11-07 It's time to get into shape the easy way Author and fitness expert Patrick Hagerman provides comprehensive information and customized workout plans for every age ability level and physical condition With Hagerman as their coach readers will be on the right track to fitness in no time improving their health self esteem and appearance Presented in a style easily referenced and cross referenced for all ages and ability levels Written by an experienced author and fitness expert Well illustrated for increased comprehension of programs and exercises Caters to everyone from pregnant women to older men with lower back pain **The Complete Idiot's Guide to Knockout Workouts for Every Shape, Illustrated** Patrick S. Hagerman, 2006-11-07 It's time to get into shape the easy way Author and fitness expert Patrick Hagerman provides comprehensive information and customized workout plans for every age ability level and physical condition With Hagerman as their coach readers will be on the right track to fitness in no time improving their health self esteem and appearance Presented in a style easily referenced and cross referenced for all ages and ability levels Written by an experienced author and fitness expert Well illustrated for increased comprehension of programs and exercises Caters to everyone from pregnant women to older men with lower back pain *The Complete Fitness Guide for Women* Mamta Singh, 2013-10-01 An essential fitness guide for any woman who wants an active life and a healthy body Physical fitness as it is understood today is not merely about exercising or healthy eating it must involve both aspects But there is still more to a fit and healthy life than just a focus on food and exercise The Complete Fitness Guide for Women lays

the foundation for long term health In this volume Mamta Singh provides you with exercise plans that specifically target cardiovascular training strength and weight training and stretching Whether you are a beginner or someone who is already working out this book will have a program suitable for you these exercise programs can be done at home or at the gym The Complete Fitness Guide for Women empowers you by helping you understand and respect your body and its unique requirements so you can develop a body that is not just slim but healthy and strong as well The power is truly within YOU

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