

## 12 WEEK WORKOUT: MONTH ONE

\* Perform one Rest Pause at the end of your last set

^ Perform one Drop Set at the end of your last set

### MONDAY- Heavy

*Chest, Shoulders, Traps, Triceps*

<u>Exercise</u>	<u>Sets/Reps</u>	<u>Rest</u>
Bench Press	3 x 8*	2 min
Reverse-Grip Bench Press	3 x 10	2 min
Dumbbell Incline Press	3 x 10^	2 min
Smith Machine Overhead Press	3 x 8*	2 min
Dumbbell Overhead Press	3 x 10^	2 min
Smith Machine Upright Row	3 x 10*	2 min
Barbell Shrug	3 x 8	2 min
Dumbbell Shrug	3 x 10	2 min
Close Grip Bench Press	3 x 8*	2 min
Pushdown	3 x 10^	2 min
Dip	2 x 10	2 min

### TUESDAY- Light

*Back, Biceps, Forearms*

<u>Exercise</u>	<u>Sets/Reps</u>	<u>Rest</u>
Straight-Arm Lat Pulldown	3 x 15	
<i>superset with</i>		
Wide-Grip Lat Pulldown	3 x 15	60 sec.
Barbell Bent-Over Row	3 x 12	60 sec.
EZ-Bar Curl Preacher Curl	4 x 15	
<i>superset with</i>		
EZ- Bar Curl	4 x 15	60 sec.
Barbell Wrist Curl	3 x 15	
<i>superset with</i>		
Barbell Reverse-Grip Wrist Curl	3 x 15	60 sec.

### WEDNESDAY- Heavy

*Legs, Calves, Abs*

<u>Exercise</u>	<u>Sets/Reps</u>	<u>Rest</u>
Squat	3 x 8*	2 min.
Leg Press	3 x 10	2 min.
Leg Extention	3 x 10^	2 min.
Romanian Deadlift	3 x 8*	2 min.
Standing Calf Raise	3 x 8*	2 min.
Seated Calf Raise	3 x 10^	2 min.
Weighted Decline Sit-up	3 x 10*	1-2 min.
Plank	3 x 60 sec.	1-2 min.

<b>THURSDAY- Light</b>			
<i>Chest, Shoulders, Traps, Triceps</i>			
<b>Exercise</b>	<b>Sets/Reps</b>	<b>Rest</b>	
Dumbbell Flye	3 x 15		
<i>superset with</i>			
Dumbbell Press	3 x 15	60 sec.	
Low-Pulley Cable Crossover	3 x 12	60 sec.	
Dumbbell Lateral Raise	3 x 15		
<i>superset with</i>			
Dumbbell Overhead Press	3 x 15	60 sec.	
Dumbbell Bent-Over Lateral Raise	3 x 12	60 sec.	
Smith Machine Behind-The-Back Shrug	3 x 15		
<i>superset with</i>			
Smith Machine Shrug	3 x 15	60 sec.	
Lying Triceps Extension	4 x 15		
<i>superset with</i>			
Close-Grip Bench Press	4 x 15	60 sec.	
<b>FRIDAY- Heavy</b>			
<i>Back, Biceps, Forearms</i>			
<b>Exercise</b>	<b>Sets/Reps</b>	<b>Rest</b>	
Pull-Up	3 x 8*	2 min.	
One-Arm Dumbbell Row	3 x 10 each side	2 min.	
Reverse-Grip Lat Pulldown	3 x 10^	2 min.	
Barbell Curl	3 x 8*	2 min.	
Dumbbell Concentration Curl	3 x 10	2 min.	
Dumbbell Hammer Curl	2 x 10^	2 min.	
Barbell Behind-The-Back Wrist Curl	3 x 10*	2 min.	
<b>SATURDAY- Light</b>			
<i>Legs, Calves, Abs</i>			
<b>Exercise</b>	<b>Sets/Reps</b>	<b>Rest</b>	
Leg Extension	3 x 15		
<i>superset with</i>			
Dumbbell Lunge	3 x 15 each side	60 sec.	
<i>Extended set:</i>			
Smith Machine Front Squat	3 x 12		
Smith Machine Squat	3 to failure	60 sec.	
Lying Leg Curl	3 x 15		
<i>superset with</i>			
Dumbbell Romanian Deadlift	3 x 15	60 sec.	
Leg-Press Calf Raise	3 x 15		
<i>superset with</i>			
Standing Calf Raise (bodyweight)	3 to failure	60 sec.	
Hanging Leg Raise	3 to failure		
<i>superset with</i>			
Twisting Crunch	3 to failure	60 sec.	



