

Free Workout

Friday – Back, Shoulders, Biceps, Triceps, Abs

Lateral raises	4 x sets 6-10 reps (superset with next exercise)
Rear delt flye machine	4 x sets 8-12 reps
Single leg row	4x sets 8-10 (superset with next exercise)
Pull-overs	4 x sets 10-12 reps
Seated row machine	3 x sets 10-12 (superset with next exercise)
Fast rows* (lighter weight)	3 x sets 1 minute
Hammer curls on ball	4 x sets 6-10 reps (superset with next exercise)
Cable bicep curls	4 x sets 6-10 reps
Diamond push-ups	3 x sets 10-12 reps
Standing dips	3 x sets 10-15

Abs

Pike Planks* or Tucks	3 sets x 25 reps
Hanging Leg raises	3 sets x 15-20 reps

How to do:

*Pike Planks - Get in the plank position on elbows; raise your hips in the air and return to plank position. Complete the reps indicated. 1 rep equals plank + pike.

*Fast Rows - In squat position, complete alternating single arm bent over rows with lighter weight very fast

-->[Get the full 5-Day Workout Split here](#)<--