

## FREE WEEK 1 WORKOUT

Love this workout? Let me be your trainer! Join my EXCLUSIVE online training membership and I'll design progressive training splits that will get you amazing results if you put in the work!

**JOIN TODAY!**

### *Monday - Legs*

Leg extensions 15 reps x 3 sets  
Hack squat on toes 15 reps x 3 sets  
Walking lunges w/DB's 15 reps each x 3 sets  
Deadlift off riser/box 15 reps x 3 sets  
Seated hamstring curl 15 reps x 3 sets  
Plie Goblet Squats 15 reps x 3 sets

### *Tuesday - Chest & Back*

Decline push-ups 15 reps x 3 sets  
Flat bench flyes 15 reps x 3 sets  
Cable or machine press 15 reps x 3 sets  
Wide grip pull-ups (can be assisted) 15 reps x 3 sets  
Single arm rows 15 reps each x 3 sets  
Lat pull-down (underhand grip) 15 reps x 3 sets

### *Wednesday - Arms & Abs*

Cable bicep curls 15 reps x 3 sets  
DB or BB Skull crushers 15 reps x 3 sets  
Single arm curls (seated) 15 reps each x 3 sets  
Cable tricep kick-backs 15 reps each x 3 sets  
Leg lifts with hip thrust 20 reps x 3 sets  
Spiderman crunches 20 reps total x 3 sets  
Flutter kicks 50 reps x 3 sets  
Frog crunches 30 x 3 sets

### *Thursday - Off weights, cardio day*

### *Friday - Shoulders*

Smith machine press 15 reps x 3 sets  
Leaning laterals w/DB's 15 reps each x 3 sets  
Rope or band frontal raises 15 reps x 3 sets  
Bent over RD flyes 15 reps x 3 sets  
Lateral raise machine 15 reps x 3 sets

### *Saturday Abs, Calves*

Leg lifts (roman chair or hanging) 15 reps x 3 sets  
Balance ball crunches 30 reps x 3 sets  
Reverse crunches 20 reps x 3 sets  
Side plank with hug 15 reps each x 3 sets  
Seated calf raise 15 reps x 3 sets  
Single leg standing calf raise 15 reps each x 3 sets

### *Sunday - Off/Prep for the week*