



Always conduct a 5-10 minute warm up and cool down prior to and following each exercise workout.

MONDAY – WORKOUT A	Reps	Sets	Set 1	Set 2	Set 3	Set 4	Set 5
Bench Press	1-6	4-5					
Cable Cross Over	6-8	3-5					
Pec Fly Machine	1-6	4-5					
Close Grip Bench Press	6-8	3-5					
Press Ups	Up to 20	1-3					
Tricep Dips	Up to 20	1-3					
LSD – Treadmill	20-30 mins at a constant steady pace.						

TUESDAY – Rest Day 'allow time for muscle recovery'

WEDNESDAY – WORKOUT B	Reps	Sets	Set 1	Set 2	Set 3	Set 4	Set 5
Lat Pulldown	1-6	4-5					
Seated Row	1-6	4-5					
Pull Ups	Up to 20	1-3					
Dumbbell Shrug	10-12	3					
Stiff Leg DeadLift	6-8	3-5					
Squats	6-8	3-5					
LSD – Bike	20-30 mins at a constant steady pace.						

THURSDAY – WORKOUT C	Reps	Sets	Set 1	Set 2	Set 3	Set 4	Set 5
HIIT – Sprints	Timed Sprints 30 secs sprint, 1 min jog recovery 6-10 sets.						
Core Exercises	Reps	Sets	Set 1	Set 2	Set 3	Set 4	Set 5
Plank	30 sec	1-3					
Swiss Ball Crunch	Up to 20	1-3					
Side Crunch	Up to 20	1-3					
Hanging Leg Raises	Up to 20	1-3					

FRIDAY – Rest Day 'allow time for muscle recovery'

SATURDAY – WORKOUT D	Reps	Sets	Reps / Sets				
Upright Row	1-6	4-5					
Seated Dumbbell Press	6-8	3-5					
Military Press	1-6	4-5					
Lunges	3-6	3-5					
Squats	3-6	3-5					
LSD – Treadmill	20-30 mins at a constant steady pace.						

SUNDAY – Rest Day 'allow time for muscle recovery'

Use the boxes to record the weight used and number of repetitions per set (e.g. 100kg x 5). Make sure to perform 2-3 sets of each exercise using a lighter weight and higher repetitions. Rest for 1-3 minutes between sets. Take longer rest times (2-3 minutes) when you're using heavy weights and low repetitions. Take a shorter rest time (1-2 minutes) when you're using lighter weights and high repetitions. MAXIMUSCLE, MAXIMUSCLE and star device are trademarks of the GlaxoSmithKline group of companies.