

12 week lean sets reps weight rest

CHEST/TRIS

Warm up, jog

Hand walk, hip crossover

Pre hab shoulder

Bench press/DB chest press 15/ 12/ 8/ 6/ 30 sec rest

Compound set

Incline DB fly 15/ 12/ 8/

Incline DB press 15/ 12/ 8/ 6/ 30 sec rest

Giant set

Decline bench/decline p - up 15/ 12/ 8/

Close grip press 15/ 12/ 8/

Partial chest fly 15/ 12/ 8/ 30 sec rest

Single set

Overhead tricep ext 15/ 12/ 8/ 6/ 30 sec rest

Compound set

Single kickback 15/ 12/ 8/ 6/

tricep dips 20 15 10 8 30 sec rest

Band tricep burnout 45 sec

LEGS

Warm up, jog

Worlds greatest stretch

Hip circles

Backwards lunge

Sumo squat to stand

Inverted hamstring

Single set

Sumo squat	15/	12/	8/	6/	30 sec rest
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Giant set

Squat	15/	12/	8/	6/	
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Deadlift	15/	12/	8/	6/	
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Bulgarian Squat	15/	12/	8/	6/	30 sec rest
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Compound set

Alternating Lunge	15/	12/	8/		
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Step up to reverse lunge	15/	12/	8/		30 sec rest
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Band squat burnouts	45 sec				
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Hamstring curls ball	45 sec				
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Back/Bi-ceps

Warm up, jog

Hand walk

Inverted hamstring

Shoulder circles

Single set

DB pull over 15/ 12/ 8/ 6/ 30 sec rest

Giant set

Bent over rows 15/ 12/ 8/ 6/

1 arm row 15/ 12/ 8/ 6/

Spilt stance row 15/ 12/ 8/ 6/ 30 sec rest

Compound set

Bi cep curl 15/ 12/ 8/

1,1,2 hammer curl 15/ 12/ 8/ 30 sec rest

Band rows 45 sec

Band curls 45 sec

CARDIO/ABS

Shoulders

Warm up, jog

Hand walk

Pre hab shoulder

Single set

Shoulder press 15/ 12/ 8/ 6/ 30 sec rest

Compound set

Lateral Raise 15/ 12/ 8/

Upright row 15/ 12/ 8/ 6/ 30 sec rest

Giant set

DB Underhand Press 15/ 12/ 8/

1,1,2, front raise 15/ 12/ 8/

Rear delt raise 15/ 12/ 8/ 30 sec rest

Single set

Shrugs 15/ 12/ 8/ 6/ 30 sec rest

Single set

Six way 15/ 12/

Band Lateral raise burnout 45 sec

REST