

Super Sets

This routine splits the workout into muscle groups and gives the muscles plenty of time to rest until the next time they are worked (the following week)

*The method used here is **Supersets** – the exercises highlighted in the same colour are performed back-to-back with no break in between. After all the exercises are completed, rest for 1 minute then repeat the superset.*

Supersets help with muscular endurance and gets me in-and-out of the gym a lot faster.

Chest/Triceps

	Week 1	Week 2	Week 3	Week 4
Incline Dumbbell Press				
Push-ups				
Dumbbell Flyes				
Cable Pushdowns				
Cable Extensions				
Bench Dips				

Lower Body

	Week 1	Week 2	Week 3	Week 4
Walking Lunges				
Leg Press				
Leg Curls				
Leg Extensions				
Standing Calf Raises				
Seated Calf Press				

Back/Biceps:

	Week 1	Week 2	Week 3	Week 4
Narrow Grip Pulldowns				
Cable Low Row				
Back Extensions				
Barbell Curls				
Hammer Curls				
Preacher Curls				

Shoulders/Abs:

	Week 1	Week 2	Week 3	Week 4
Lateral Raises				
Front Raises				
Upright Rows				
Leg Raises				
Side Bends				
Crunches				