

# Day 1 – Back & Biceps

24 min · Arms, Back, Cardio, Legs, Shoulders



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Focus on the quality of each repetition. Make sure you execute each movement in a slow and controlled manner. Focus on contracting the muscle with each movement while exhaling.

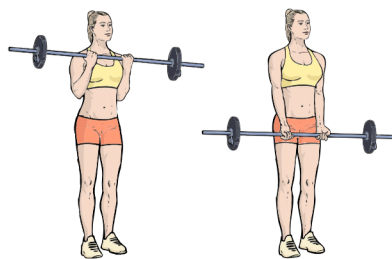
## Stationary Bike



5 min

This will be your warm up.

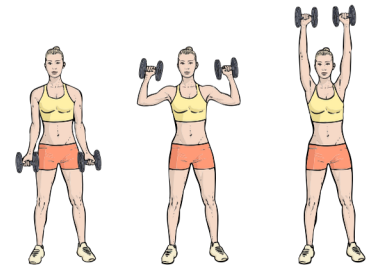
## Barbell Curls



3 sets 15 reps

Use the barbell only, don't add any weight plates.

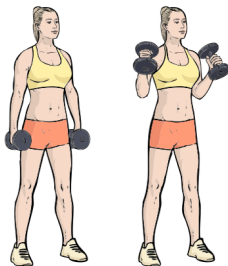
## Dumbbell Biceps Curl to Shoulder Press



3 sets 15 reps

Use a weight comfortable enough to complete 15 reps but that's still challenging.

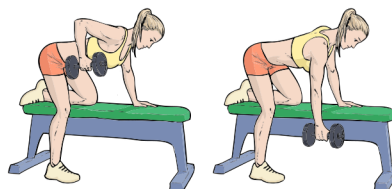
## Standing Dumbbell Bicep Hammer Curls



3 sets 15 reps

Use a weight comfortable enough to complete 15 reps but that's still challenging.

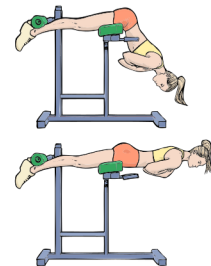
## Single Arm Dumbbell Bench Rows



3 sets 15 reps

Use a weight comfortable enough to complete 15 reps but that's still challenging. (15 reps on each side)

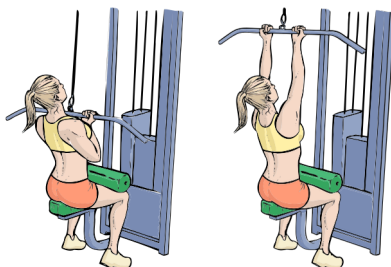
## Back Extensions



3 sets 15 reps

If you get tired in between reps, rest and continue.

## Close Grip Lat Pulldowns



3 sets 15 reps

Use a weight comfortable enough to complete 15 reps but that's still challenging.

## Stationary Bike



5 min

End with a 5 minute cool down.

## Day 2 – Legs & Calves

23 min · Cardio, Hip flexors, Legs



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We are going to build strong legs but without treadmill torture.

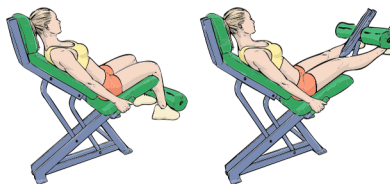
### Recumbent Bike



5 min

This will be your warm up.

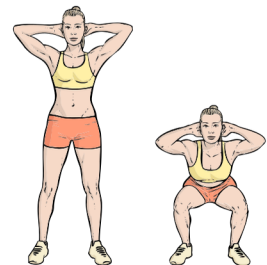
### Seated Machine Leg Extensions



3 sets 15 reps

Use a weight comfortable enough to complete 15 reps but that's still challenging.

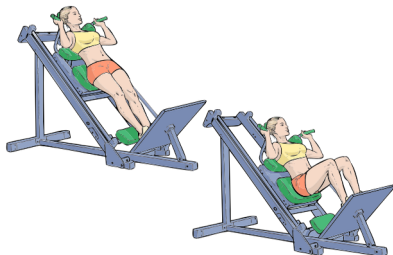
### Bodyweight Squats



3 sets 15 reps

Body weight only.

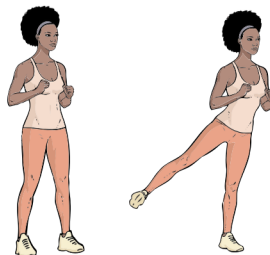
### Machine Hack Squats



3 sets 15 reps

Body weight only.

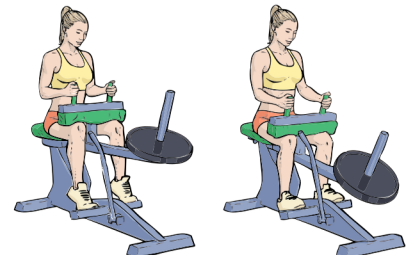
### Standing Side Leg Raises



2 sets 20 reps

20 reps on each side

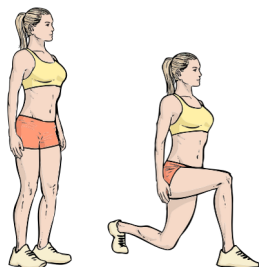
### Seated Machine Calf Raises



3 sets 15 reps

You can add a weight plate, start with a 2,5kg and increase as you progress.

### Alternating Bodyweight Lunges



3 sets 10 reps

Body weight only. Do 10 reps on each side, repeat 3 times.

### Recumbent Bike



5 min

This will be your cool down.

# Day 3 - Chest & Triceps

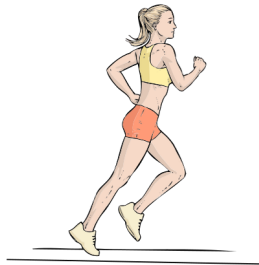
24 min · Arms, Cardio, Chest, Legs



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Today we focus on your chest and triceps muscles for strong and toned downed arms. No more jiggly arms!

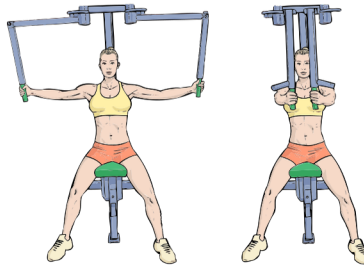
## Cardio - Running



5 min

You can walk or take a slow jog for 5 minutes as a warm up. Alternatively use a stationary bike if you wish.

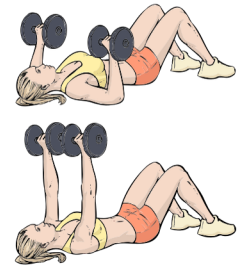
## Seated Machine Flyes



3 sets 15 reps

Use a weight comfortable enough to complete 15 reps but that's still challenging.

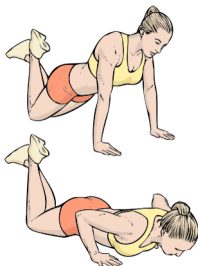
## Dumbbell Floor Chest Press



3 sets 15 reps

Use a weight comfortable enough to complete 15 reps but that's still challenging.

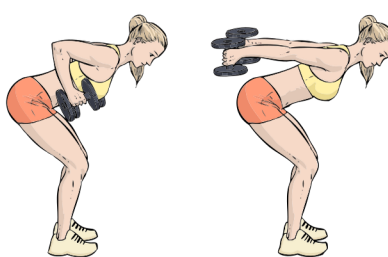
## Knee Push-ups



3 sets 10 reps

Take a minute rest in between sets to ensure that you execute the exercise with good form.

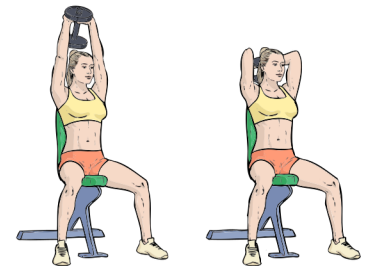
## Double Arm Tricep Kickbacks



3 sets 15 reps

Use a weight comfortable enough to complete 15 reps but that's still challenging.

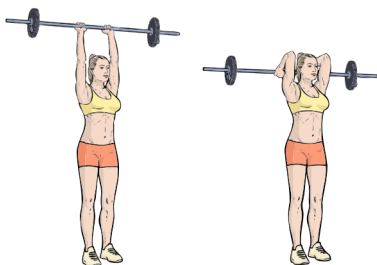
## Seated Tricep Press



3 sets 15 reps

Use a weight comfortable enough to complete 15 reps but that's still challenging.

## Standing Overhead Barbell Triceps Extensions



3 sets 15 reps

Use only the barbell, don't add any weight plates.

## Cardio - Running



5 min

Cool down with a fast pace walk.

## Day 4 – Shoulders & Abs

24 min · Abs, Back, Cardio, Legs, Shoulders



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Finally some abdominal exercises!

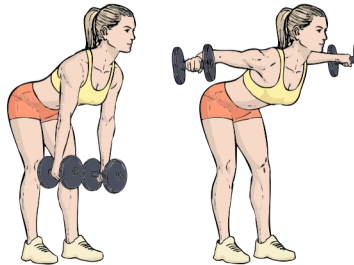
### Stationary Bike



5 min

This will be your warm up.

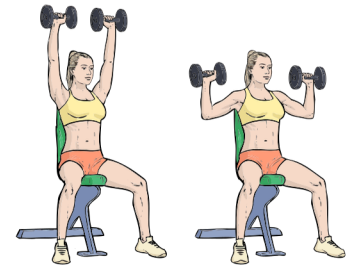
### Dumbbell Bent Over Lateral Rear Delt Raises



3 sets 15 reps

Use a weight comfortable enough to complete 15 reps but that's still challenging. Slight bend in the elbow.

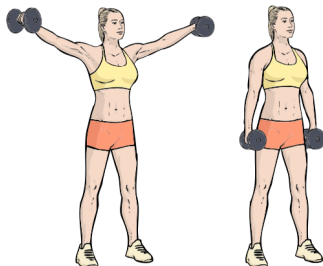
### Dumbbell Overhead Shoulder Press



3 sets 15 reps

Use a weight comfortable enough to complete 15 reps but that's still challenging.

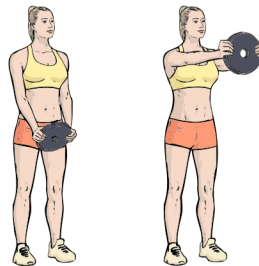
### Lateral Shoulder Dumbbell Raises



3 sets 15 reps

Use a weight comfortable enough to complete 15 reps but that's still challenging.

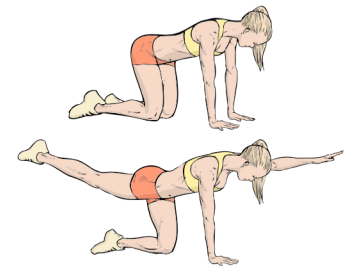
### Standing Front Shoulder Plate Raises



3 sets 15 reps

Start with a 2,5 kg and work our way up to a heavier weight plate.

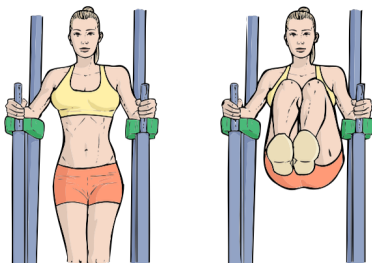
### Bird Dogs



3 sets 10 reps

Do 10 reps on each side, repeat 3 times.

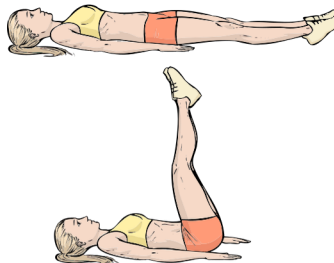
### Captain's Chair Leg Raises



3 sets 10 reps

Body weight only.

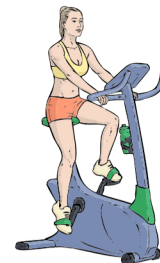
### Lying Leg Raises



3 sets 10 reps

Back flat on the mat. Engage core muscles. Lower your legs only to where your back feel comfortable.

### Stationary Bike



5 min

This will be your cool down.

## Day 5 - Compound training

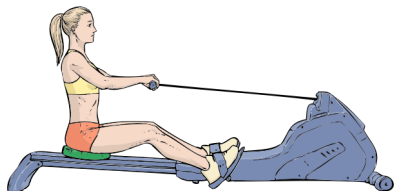
28 min · Glutes & Hip flexors, Back, Cardio, Legs, Shoulders



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Today we will focus on compound movements where more than one muscle is activated. Enjoy your last workout for the week.

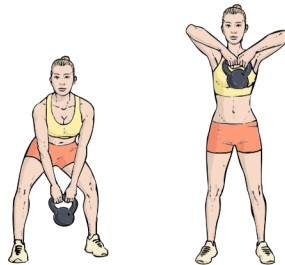
### Rowing Machine



5 min

This is your warm up, make sure the machine is on level 1

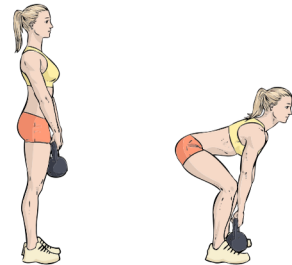
### Upright Kettlebell Front Rows



3 sets 10 reps

Use a weight comfortable enough to complete 10 reps but that's still challenging.

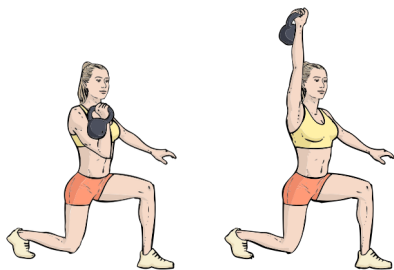
### Kettlebell Deadlifts



3 sets 10 reps

Make sure your back is flat and your core muscles are engaged.

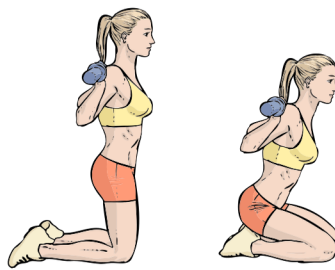
### Kneeling Kettlebell Press



3 sets 10 reps

10 reps on each side, repeat 3 times. You can place your knee flat on a mat. Focus on your balance.

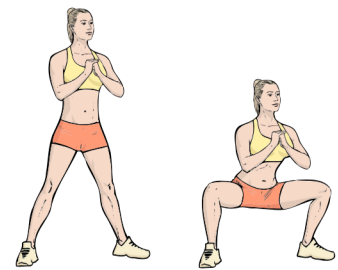
### Barbell Kneeling Squats



3 sets 10 reps

Sit on a mat, use the barbell only.

### Bodyweight Sumo Squats



3 sets 10 reps

Body weight only, we are focusing on your inner thighs.

### Cross Trainer



15 min

End your workout with a 15 minute cardio workout on the elliptical machine. Alternatively use the spinning bike...