



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
Upright Row	6-8	3-5					
Seated Dumbbell Press	6-8	3-5					
Front Raise	10-12	3					
Lunges	3-6	3-5					
Squats	3-6	3-5					
Standing Calf Raises	Up to 20	1-3					
LSD - Treadmill	20-30 mins at a constant steady pace.						

TUESDAY - WORKOUT B	Reps	Sets	Set 1	Set 2	Set 3	Set 4	Set 5
Lat Pulldown	6-8	3-5					
Seated Row	6-8	3-5					
Pull Ups	Up to 20	1-3					
Hammer Curl	10-12	3					
Barbell Curl	10-12	3					
Preacher Curl	10-12	3					
TT - Cross Trainer	Threshold Training, 20-30 mins maintain a hard level throughout.						

WEDNESDAY - Rest Day 'allow time for muscle recovery'

THURSDAY - WORKOUT C	Reps	Sets	Set 1	Set 2	Set 3	Set 4	Set 5
Bench Press	6-8	3-5					
Incline Dumbbell Press	6-8	3-5					
Flat Fly's	6-8	3-5					
Tricep Pushdowns	6-8	3-5					
Lying Tricep Extension	10-12	3					
Tricep Dips	Up to 20	1-3					
HIIT - Treadmill	HIIT, 30-40 mins on the Treadmill alternating between running hard for 2 minutes and slower for 2 minutes, set two speeds for the hard and easy intervals.						

FRIDAY - WORKOUT D	Reps / Sets						
LSD - Treadmill	20-30 mins at a constant steady pace.						
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					
Hanging Leg Raises	Up to 20	1-3					

SATURDAY AND SUNDAY - Rest Days '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.