

**maxi  muscle**

**NEW YEAR. | NEW PHYSIQUE.**

# KICK START TRAINING PLAN

**DAY 1 - COMPLETE 3 ROUNDS:**

**STRAIGHT ARM WIDE GRIP PULL UPS**  
10 REPS

**TRICEP DIPS**  
10 REPS

**DIAMOND PUSH UPS**  
10 REPS

**KICK SITS**  
20 REPS

**1000M ROWING SPRINT**  
AS FAST AS POSSIBLE

**REST**  
1 MINUTE REST PER ROUND



**SCROLL FOR MORE**



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# KICK START TRAINING PLAN

**DAY 2 - COMPLETE 3 ROUNDS:**

**GOBLET SQUATS**  
10 REPS

**DUMBBELL WALKING LUNGES**  
20 REPS EACH LEG

**DUMBBELL SPLIT SQUAT**  
10 REPS EACH LEG

**BOX JUMPS**  
20 REPS

**1000M TREADMILL SPRINT**  
INCLINE 2

**REST**  
1 MINUTE REST PER ROUND



**SCROLL FOR MORE**



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# KICK START TRAINING PLAN

**DAY 3 - COMPLETE 5 ROUNDS:**

**TRX PUSH UPS**  
20 REPS

**TRX KNEE TUCKS**  
10 REPS

**TRX PIKES**  
10 REPS

**TRX BODY SAW**  
10 REPS

**3000M WATT BIKE SPRINT**  
AS FAST AS POSSIBLE

**REST**  
1 MINUTE REST PER ROUND



**SCROLL FOR MORE**





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# KICK START TRAINING PLAN

**DAY 4**

**ECCENTRIC SWISS BALL CURLS**

**10 REPS 3 SETS**

**ECCENTRIC SINGLE SWISS BALL CURLS**

**10 REPS 3 SETS**

**ECCENTRIC NORDIC CURLS**

**5 REPS 4 SETS**

**ROMANIAN DEADLIFT (BODYWEIGHT)**

**12 REPS 4 SETS**

**REST**

**1 MINUTE**

**40 SECOND HILL SPRINTS**

**20 SECONDS REST. 10 SETS**



**SCROLL FOR MORE**



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# KICK START TRAINING PLAN

**DAY 5**

**WEIGHTED CHIN UPS**

**10 REPS 4 SETS**

**BICEP REVERSE PULL**

**10 REPS 4 SETS**

**BICEP BENT OVER ROW**

**10 REPS 4 SETS**

**BARBELL BICEP CURL TO PRESS**

**10 REPS 4 SETS**

**2000M ROWING SPRINT**

**AS FAST AS POSSIBLE**

**SHOP THE RANGE**