



Female Student Workout - Kirsty Hendeey

DAY 1: PUSH

EXERCISE	REPS	SET
PUSH UPS	10	3
BARBELL BENCH PRESS	6	4
DUMBBELL SHOULDER PRESS	12	3
LEANING DUMBBELL LATERAL RAISE	12	3
TRICEP DIPS	6	4
TRICEP STRAIGHT BAR PUSHDOWN	12	3

DAY 2: PULL

EXERCISE	REPS	SET
DEADLIFTS	6	4
LAT PULL DOWN	10	3
SEATED CABLE ROW	10	4
BARBELL CURL	10	3
SUPINATED BICEP CURLS	10	3
CHIN UPS	3	3

DAY 3: LEGS

EXERCISE	REPS	SET
SUMO DEADLIFTS	6	4
NORDIC CURLS	10	3
STRAIGHT LEG DEADLIFT	10	3
CABLE KICK BACK	12	3
GLUTEBRIDGE	6	4
FROG REVERSE HYPERS	20	2

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