

WORKOUT BOOK



BUILDING LEAN
MUSCLE


STRONG MIND
STRONG BODY

Chest day

Bench press



Incline Bench Press



Decline Bench press



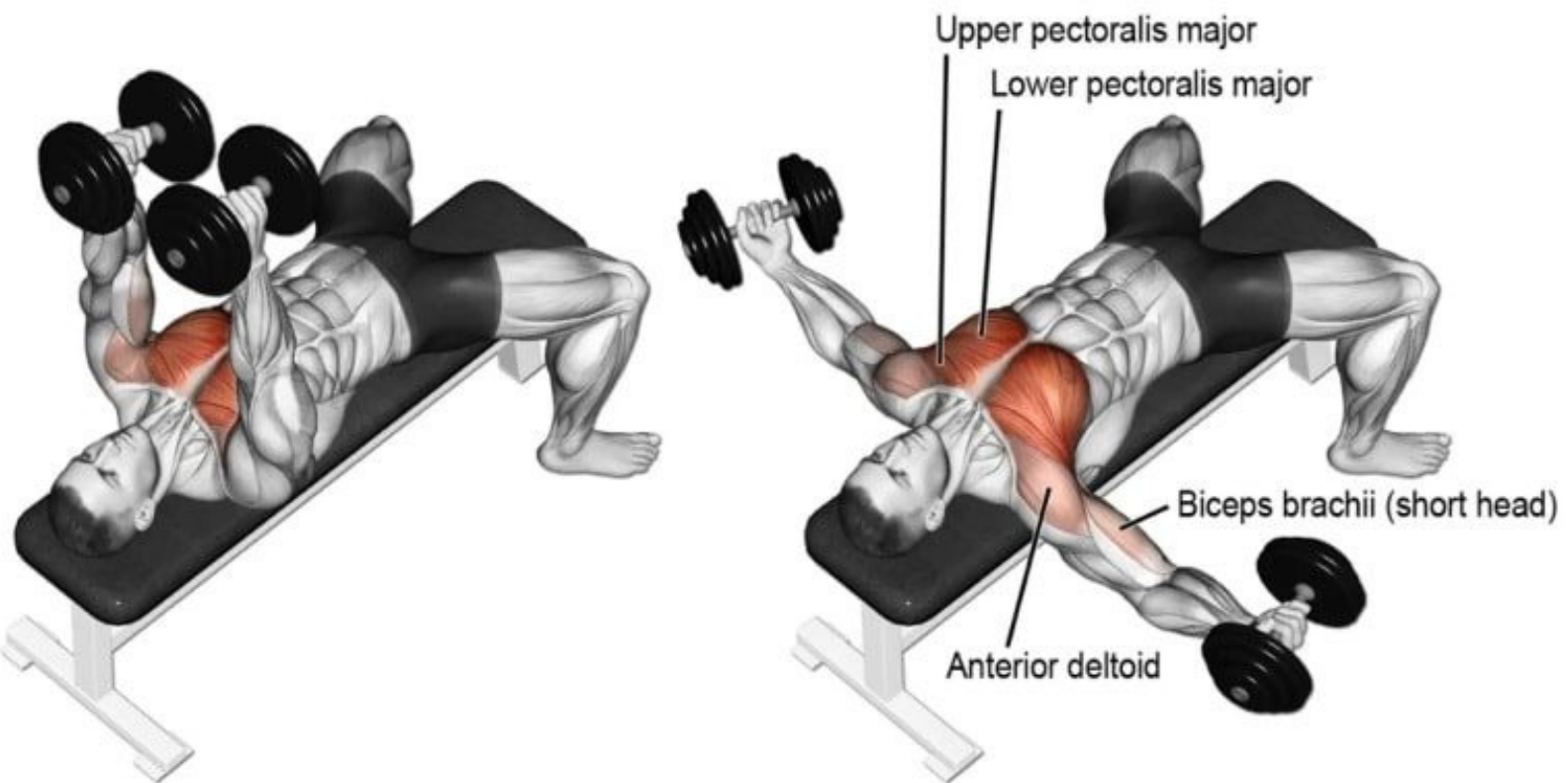
Dumbbell press



Incline Dumbbell press



Dumbbell Flys



Over the head



Leg Day



Squats



Romanian Deadlifts



Hip Thrust



Front Squats



Lunges



Bulgarian Split Squats



Leg Curls



Leg Extensions

BACK SQUATS



ROMANIAN DEADLIFTS



BULGARIAN SPLIT SQUATS



CALVE RAISES



LEG EXTENSIONS



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HAMSTRING CURLS

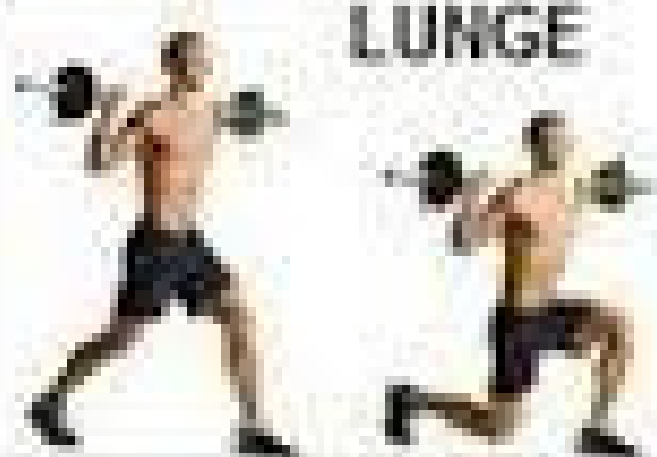


Illustration by: Jeffery J. Long

SQUAT



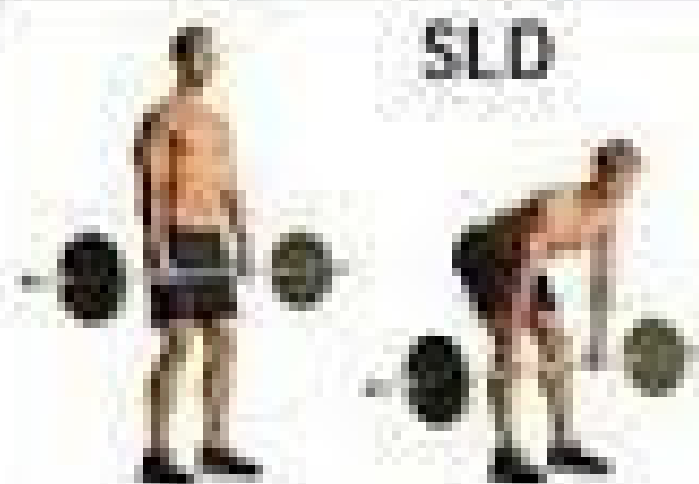
LUNGE



FRONT SQUAT



SLD



LEG-PRESS

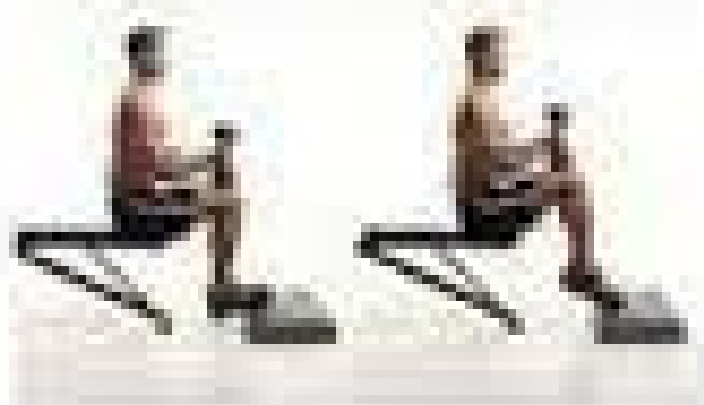


LEG-CURLS

LEG-EXTENSION

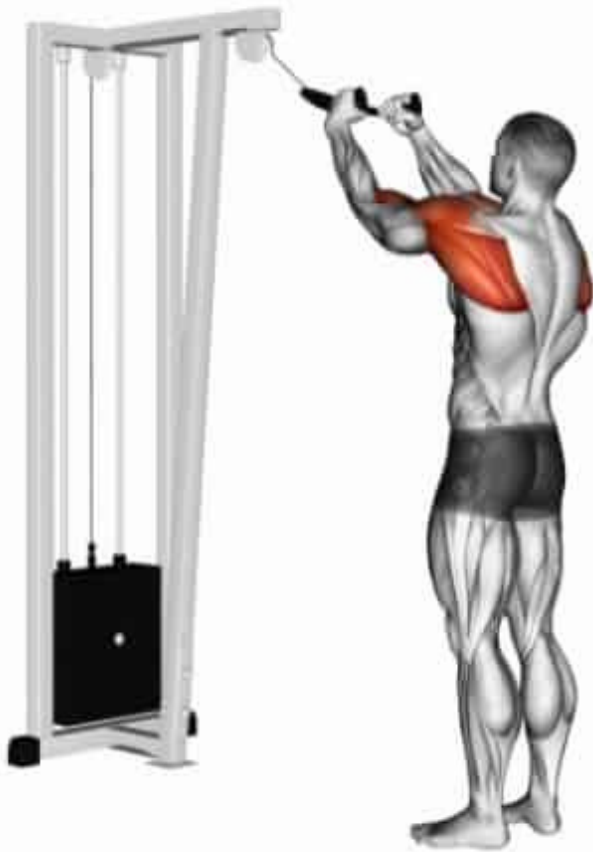


SEATED TOE RAISE



Back Day

Cable Lat Pull Ins



Pull Ups



Machine Reverse Flys



Machine Pull Downs



Close Grip Cable Pull Downs



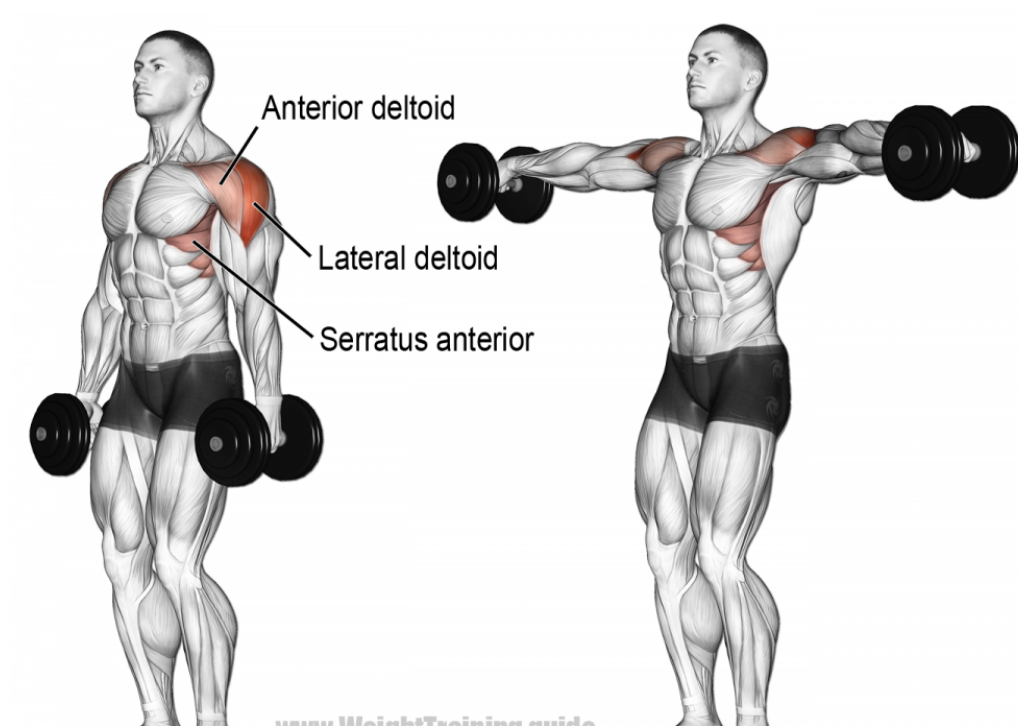
Trap Back Cable Pulls



Pull Downs



Lateral Shoulder Raise



Dumbbell Rows



100%

100%

100%

100%

100%

100%

100%

Lateral Shoulder Machine Raise



Front Shoulder Dumbbell Raise

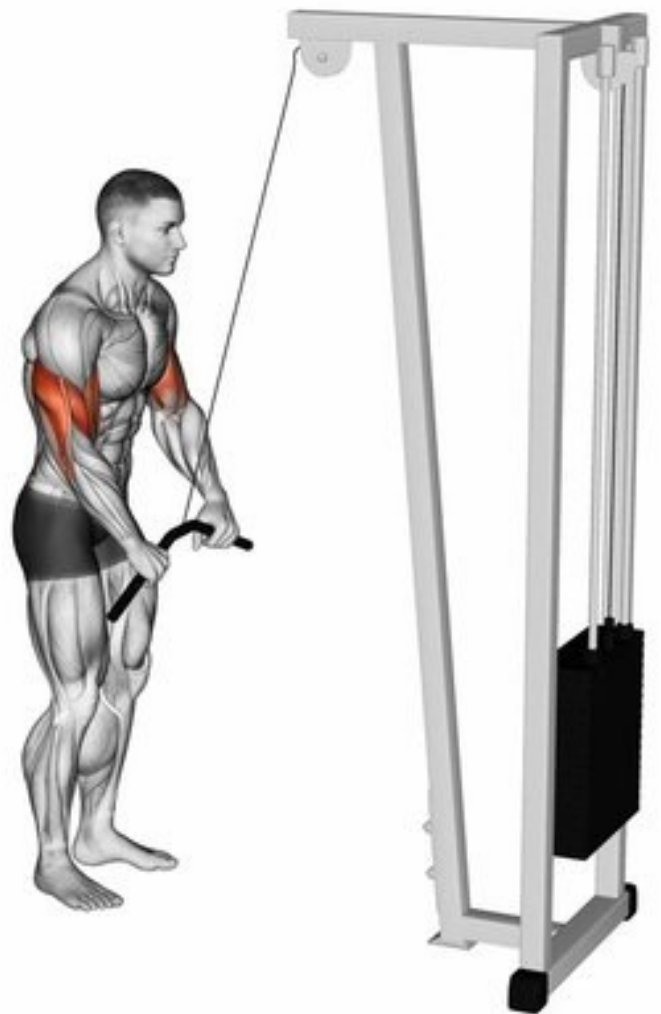
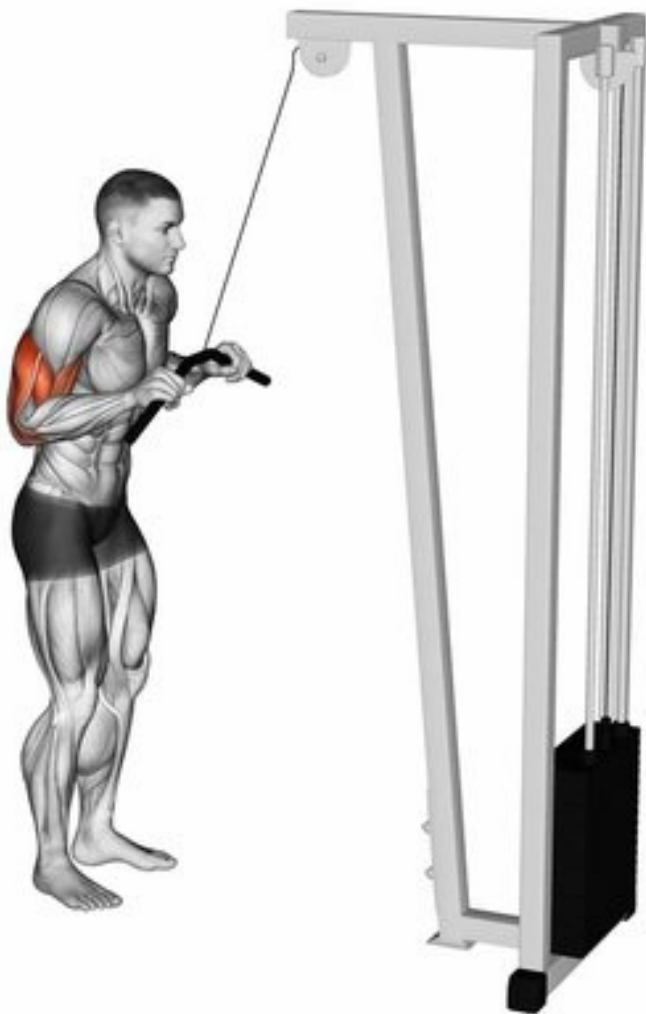


Cable Reverse Flys



Arm Day

Push Downs





Barbell Curls



Concentration Curls



Preacher Curls



Hammer Curls

ABS



10 crunches



10 on each side crunches



10 bicycle crunches



10 count reverse crunch



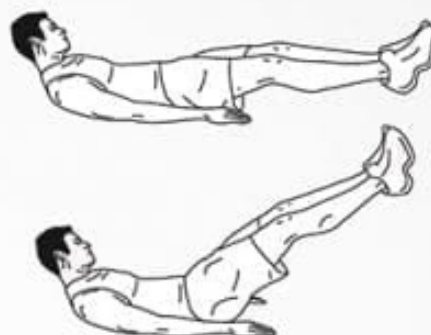
10 count side crunch



10 bicycle crunches



20 knee-to-elbow crunches **x 4 sets**
20 seconds rest between sets



20 leg raises **x 4 sets**
20 seconds rest between sets



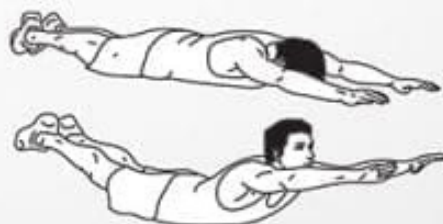
2 minutes elbow plank hold
repeat once



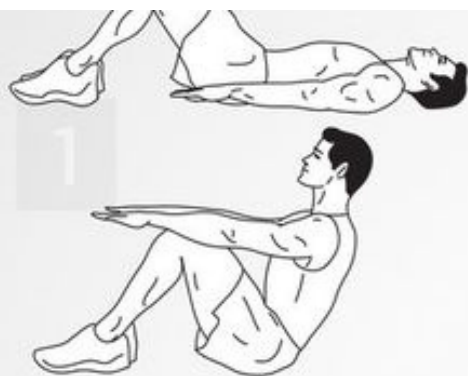
2 minutes side elbow plank
one minute per side | repeat once



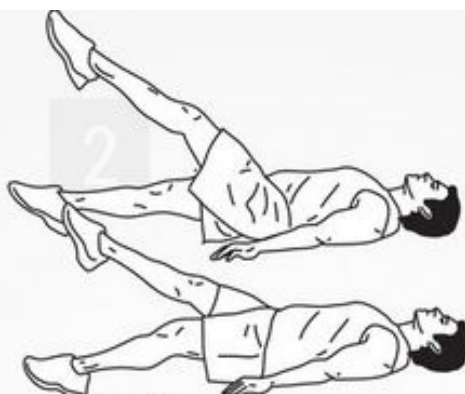
2 minutes hollow hold
repeat once



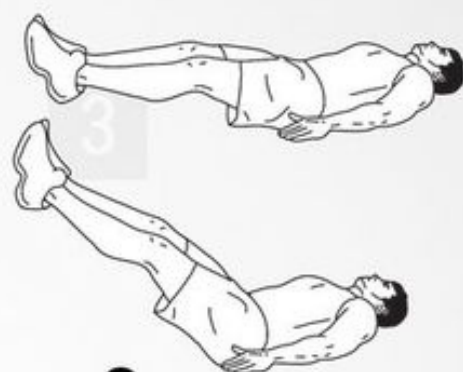
10 superman stretches **x 4 sets**
20 seconds rest between sets



10 sit-ups



12 flutter kicks



8 leg raises



10 cycling crunches



10 knee crunches



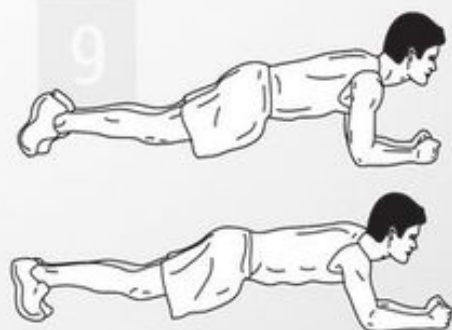
8 leg pull-ins



10 e/plank arm reaches

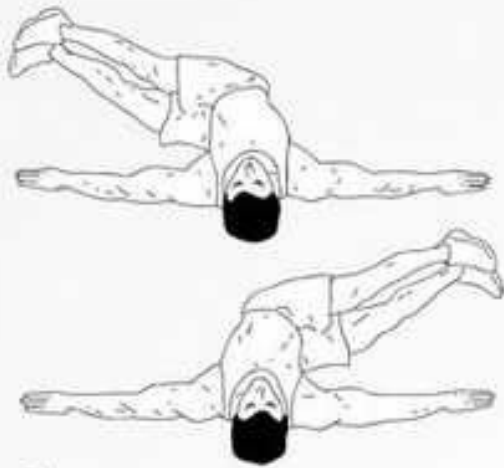


30sec elbow plank



10 body saw

level I 4 sets **level II** 6 sets **level III** 8 sets **rest between sets** up to 3 minutes



1. windshield wipers



2. long arm crunches



3. reverse crunches



4. bicycle crunches

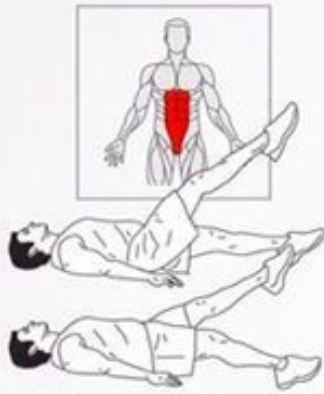


5. modified V-sits

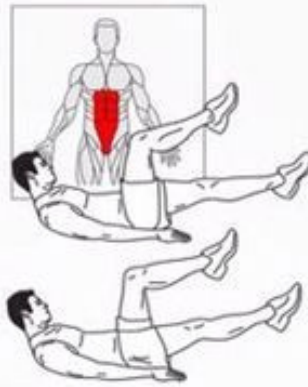


6. heel touches

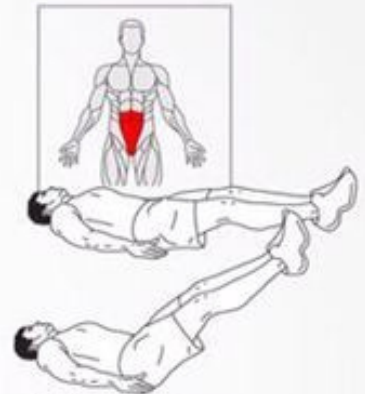
sets level I 3 sets level II 5 sets level III 8 sets **rest between sets** up to 60 seconds



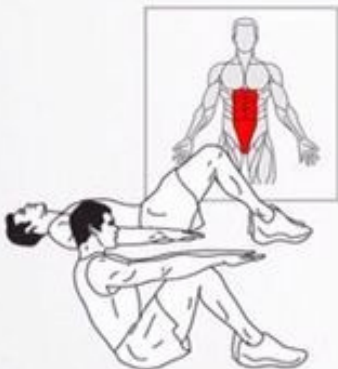
20 flutter kicks



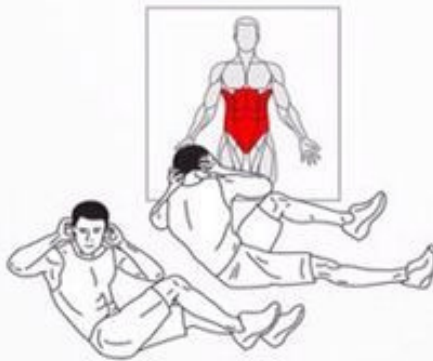
20 air bike crunches



10 leg raises



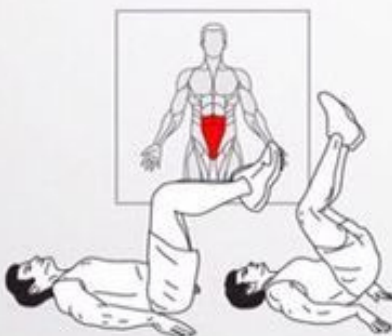
10 sit-ups



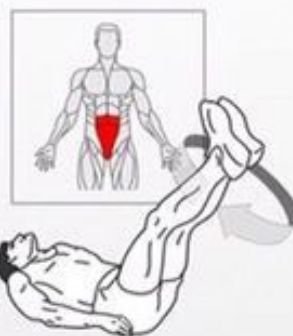
20 knee-to-elbow crunches



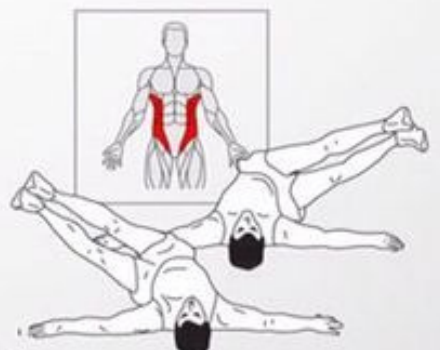
10 sitting twists



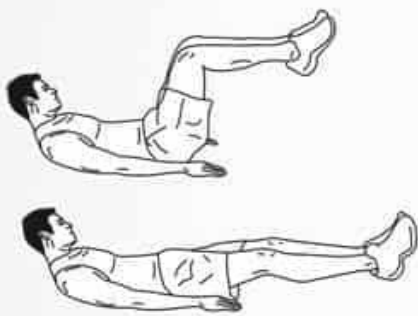
10 reverse crunches



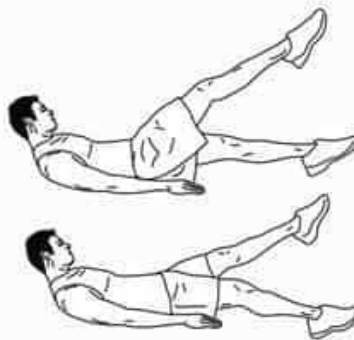
10 raised leg circles



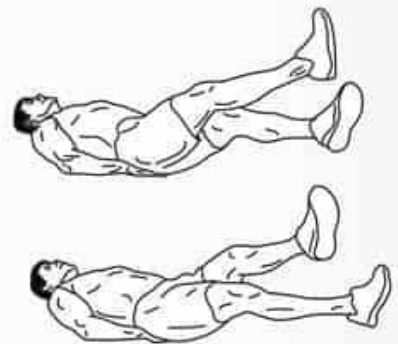
10 windshield wipers



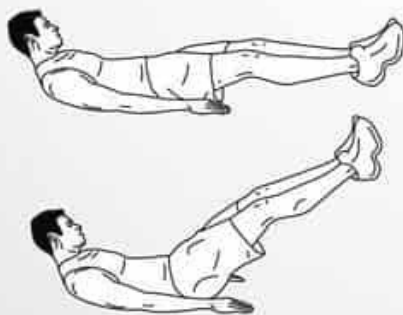
20 crunch kicks



20 flutter kicks



20 scissors



20 leg raises



20 raised leg circles



20-count hold



knee-to-elbow sit-ups



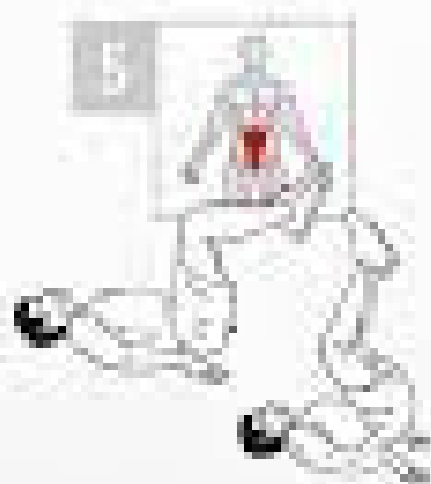
flutter kicks



scissors



hundreds



reverse crunches



sitting twists