

WEEKS #4-6

Week 4: 3 sets of 15 reps

Week 5: 3 sets of 18 reps

Week 6: 3 sets of 20 reps



Monday: (Chest & Back)

1-TRX Chest Press-66

1-TRX Row (high elbows-overhand grip)-67

2-Push-Up/Fly on Sliders (both sliders now)-24

2-Bent Over DB Row (twisting grip)-18

3-DB Fly (on floor)-21

3-DB Shrugs-26

4-V-Ups crunches-11

5-TRX Suspended Crunches (forearms)-71

Tuesday: (Triceps & Biceps)

1-TRX Tricep Extension-69

1-DB Bicep Curls #1

2-Dips on Chair-31

2-TRX Bicep Curls #1-68

3-Skull Crushers on floor-33

3-DB Hammer Curls-37

4- "I" Shoulder Raises on TRX-78

4- "L" External Rotation on TRX-80

5-Hip Drop on TRX-74

6-Side Planks (up and down movement now, for reps)-6

Wednesday: (Legs)

1-Squats (DBs on shoulders)-45

1-Standing Calf Raises (1 leg @ a time)-56

2-Forward Alternating DB Lunges-49

2-TRX Hamstring Planks (90 degree knees @ all times)-62

3-TRX One-Leg Squat (neutral leg)-64

3-Stiff-Leg Deadlifts-41

4-TRX Pikes-76

5-Brazilian Crunches (on floor/forearms)-14

Thursday: (Chest & Back)

1-TRX Atomic Push-Ups-70

1-One-Arm DB Row-19

2-TRX Chest Fly-72

2-TRX Row (low elbows-neutral grip)-67

3-DB Chest Press (floor)-20

3-TRX Straight Arm pulldowns-73

4-DB Shoulder Press (standing)-25

4-Skydivers on floor-17



Friday: (Triceps & Biceps)

- 1-TRX Bicep Curls-68
- 1-Dips on Chair-31

- 2-DB Bicep Curls with Twist-38
- 2-Close Grip Push Ups on floor-34

- 3-DB Concentraion Curl against inner thigh-39
- 3-Overhead Tricep DB Extension-32

- 4-DB Side Raises-29
- 4-TRX Suspended Oblique Crunches-75

Saturday: (Legs)

- 1-DB Kettlebell Swing-57

- 2-TRX Suspended Lunges-61
- 2-TRX Hamstring Curls-63

- 3-Side Lunges on Sliders-54
- 3-1 Leg Stiff leg Deadlifts -42

- 4-Wide DB Squats-46
- 4-Adductors on Sliders-55

- 5-Mountain Climbers on Sliders-58
- 5-Full Sit-Ups-9

Sunday: (YOGA)

YOGA Class #3