

Sample workout routine

Monday: Chest, Shoulders and abs									
Date									
Nr.	Exercise	Reps	Weight	Weight	Weight	Weight	Weight	Weight	Weight
1	Decline Benchpress	4 × 8							
2	Benchpress bumbbells	4 × 8							
3	Fly with cable	3 × 12							
4	Shoulder press, barbells	4 × 8							
5	Butterfly reverse	3 × 12							
6	Crunches	20, 25, 30, ∞							
	Leg raises, standing	30, 30, 30, ∞							
Wednesday: Shoulders, arms and calves									
Date									
Nr.	Exercise	Reps	Weight	Weight	Weight	Weight	Weight	Weight	Weight
1	Upright Row	4 × 8							
2	Shrugs	4 × 8							
3	Crunches	3 × 12							
	Hyperextensions	3 × 12							
4	Biceps curls with barbell	4 × 8							
	French press (skullcrusher) dumbbells	4 × 8							
5	Biceps curl with cable	3 × 12							
	Triceps extensions on cable	3 × 12							
6	Sitting calf raises	4 × ∞							
	Standing calf raises	4 × ∞							
Friday: Legs and abs									
Date									
Nr.	Exercise	Reps	Weight	Weight	Weight	Weight	Weight	Weight	Weight
1	Leg press on Hackenschmidt machine	4 × 8							
2	Leg curls (standing)	4 × 8							
3	Leg presses (wide)	3 × 12							
4	Crunches on machine	4 × ∞							