

Day 1 [Monday] Upper Body

Incline DB Press: 1x10+3,+3,+3

Leg Raises: 1x15-25

DB Rows: 12+4+4+4

Plank: 1x30-60 sec.

DB Incline Fly: 15,+5+5+5

DB Pullovers: 15,+5+5+5

Kick-backs: 15,+5+5+5

Hammer Curls: 12+4+4+4

Cardio: 20-30 minutes

Day 2 [Tuesday] Lower Body

Leg Sled: 15,+5+5+5

Stiff-legged Deadlift: 15,+5+5+5

Kettlebell Swings: 1x20

Leg Sled: 12,+4+4+4

Single Leg Hip Raises: 20,+7+7+7

Kettlebell Swings: 1x20

Cardio: 20-30 minutes

Day 3 [Wednesday] Cardio

Cardio:30-60 minutes

Day 4 [Thursday] Rest

Day 5 [Friday] Full Body

Incline DB Press: 1x10+3,+3,+3

DB Rows: 12+4+4+4

Leg Sled: 15,+5+5+5

Stiff-legged Deadlift: 15,+5+5+5

DB Incline Fly: 15,+5+5+5

DB Pullovers: 15,+5+5+5

Kettlebell Swings: 1x20

Plank: 1x30-60 sec.

Kick-backs: 15,+5+5+5

Hammer Culrs: 12+4+4+4

Cardio: 20-30 minutes

Note: Most sets are myo-rep sets, for example 1x15,+5,+5,+5 (rest 10-20 seconds between mini-sets), stop if you hit failure before completing the prescribed number of reps.

Myo-Reps

[For a description click this link.](#)

[Myo-rep video.](#)