



DAY 1

LOWER BODY)

- A. Goblet Squats 2x 15
- B. Barbell Back Squats
4x 8-12
- C. Good Mornings 4 x 10
- D. Walking Lunges 3 x
10ea
- E. Leg Extensions 3 x 12-
15

DAY 2

UPPER PUSH

- A. Barbell Bench Press 2
warm-up sets
3 working sets x 8-12
- B. Incline DB Press 4 x
8-10
- C. Arnold Press 4 x 8-12
- D. Dips 4 x 12, 8, 6, 4
(assisted if needed)

DAY 3

LOWER BODY/CORE

- A. Barbell RDL 4 x 8-12
- B. Smith Machine Hip Thrusts 4 x 10-15
- C. Leg Press x 12-15

CORE

- D. Stability Ball Crunches 3 x 15-20
- E. Russian Twists 3 x
10-15

**FIVE
FREEBIES
TO GET
YOU
STARTED**

Stay tuned for more
workouts!
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DAY 4

UPPER BODY

- A. Seated Overhead DB Press 4 x 8-12
- B. Machine/Cable Row
4 8-10
- C. Triceps Press Down
3 x 15-20
- D. Pec Dec 3 x 8-12
- E. Preacher Curl 3 x 12-
15

DAY 5

CARDIO /CORE

Goal of 7k-10k Steps

GIANT SET X 3 ROUNDS

- A. Leg Lifts x 10-20
- B. Plank x :20-:30
- C. Side Plank x :15-:25
ea side