

Cor2Life “MOVE IT!”-THE VIRTUAL TRAINER

FEN'S TRAINING WEEK

Day by Day workouts for the Total Package You Want to Be Try and See! Start this weekend.

SATURDAY: QUADS

- Leg extensions 4 x 15-25
- Squats 4 x 8-10
- Hack squats 4 x 8-10
- Single-leg extensions 3 x 10

ABS:

- Floor crunches 3 x 50
- Knee ups 3 x 40
- Cable crunches 3 x 30

SUNDAY: CHEST

- Flat-bench barbell press 4 x 8-10
- Incline dumbbell press 4 x 8-10

CALVES:

- Standing calf raises 4 x 8-10
- Seated calf raises 4 x 10-15

ABS:

- Floor crunches 3 x 50
- Knee ups 3 x 40
- Cable crunches 3 x 30

MONDAY: BACK

- Lat pulldowns 4 x 8-10
- T-bar row* 4 x 8-10
- Smith Machine deadlifts 4 x 8-10
- Seated cable row 3 x 8-10

ABS:

- Floor crunches 3 x 50
- Knee ups 3 x 40
- Cable crunches 3 x 30

TUESDAY: SHOULDERS

- Dumbbell press 4 x 8-10
- Incline lying side laterals 3 x 8-10
- Rear delt raises 4 x 8-10

HAMSTRINGS:

- 45-degree leg curls 4 x 10-15
- Standing-single leg curl 3 x 8-10

ABS:

- Floor crunches 3 x 50
- Knee ups 3 x 40
- Cable crunches 3 x 30

WEDNESDAY: BICEPS

- EZ bar curls 4 x 8-10
- Seated one-arm hammer curls 4 x 8-10
- Preacher curls with EZ curl bar 4 x 8-10

TRICEPS:

- Pushdowns with triangle bar** 3 x 8-10
- Superset with dips 3 x 8-10
- Superset with rope pressdowns 3 x -10

ABS:

- Floor crunches 3 x 50
- Knee ups 3 x 40
- Cable crunches 3 x 30