

Heavy-Light Workout Plan

Day One	Exercise	Sets	Reps	Weight
	5 minute warmup			
Back	Assisted Pullups	3	8 to 12	
Chest	Incline Barbell	3	8 to 12	
Shoulders	Standing Barbell Press	3	8 to 12	
Back	Dumbbell Rows or Barbell Rows	3	8 to 12	
	(With Straps)			
Chest	Flat Dumbbell	3	8 to 12	
Shoulders	Seated Dumbbell Lateral	3	8 to 12	
Abs	(Time Permitting)			
		18		Total Sets
Day Two	5-10 minute warmup			
Legs	Leg Extension + Leg Curl	2	15	
	Smith Squat	3	8 to 12	
	Lunges	3	12	
Triceps	Close Grip Bench +	3	8 to 12	
Biceps	Standing EZ Curl	3	8 to 12	
Triceps	Dips +	3	8 to 12	
Biceps	90 Degree Dumbbell or Barbell	3	8 to 12	
		20		Total Sets
Day Three - Off				
Cardio / Abs	Cardio 30-60 minutes			
	- high intensity (less time)			
	- steady state (more time)			
Abs	Lower Ab Exercise +	4	15	
	Upper Ab Exercise	4	15	
		8		Total Sets
Day Four	Exercise	Sets	Reps	Weight
	5 minute warmup			
Back	BodyMaster Pulldown	3	20	
Chest	BodyMaster Chest	3	20	
Shoulders	Cybex Shoulder Press	3	20	
Back	Cybex Rowing Machine	3	20	
Chest	Flat Cable Flye	3	20	
Shoulders	Standing Cable Lateral	3	20	
Abs	(Time Permitting)			
		18		Total Sets
Day Five	5-10 minute warmup			
Legs	Cybex Leg Press	3	20	
	V-Squat	3	20	
	Plate Load Leg Press	3	20	
Triceps	Rope Pushdowns +	3	20	
Biceps	Bodymaster Bicep Curl	3	20	
Triceps	One Arm Cable Kickbacks +	3	20	
Biceps	One Arm Cable Curls	3	20	
		21		Total Sets
Days 6 & 7 (rest, light cardio, abs)				