

**Week # 1**

**4 Day Simply Big Workout**

<b>Day One - Sunday</b>		<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>
	Chest	Dumbell Bench Press	6	15,10	
<i>Chest, Shoulders &amp; Triceps</i>				6,6,6,25	
		Incline Dumbell Flye	4	6,6,6,25	
		Hammer Strength Decline	4	6,6,6,25	
	Shoulders	Seated Dumbell Press	4	6,6,6,25	
		Seated Dumbell Lateral	4	6,6,6,25	
	Triceps	Smith Machine Close Grip	4	6,6,6,25	
			26	Total Sets	
<b>Day Two - Tuesday</b>	Low Back & Inner Thighs	Deadlifts (Sumo Style)	6	15,10	
<i>Back &amp; Biceps</i>	Upper Back	Wide Grip Pull-Ups (free weight), last set assisted pullup machine	4	6,6,6,25	
	Lats	Hammer Strength Pulldowns	4	6,6,6,25	
	Middle Back	Low Pulley Rows	4	6,6,6,25	
	Biceps	Standing Barbell Curls	4	6,6,6,25	
			22	Total Sets	
<b>Day Three - Thursday</b>	Shoulders	Standing Barbell Press	6	15,10	
		Behind Head		6,6,6,25	
		Seated Dumbell Lateral	4	6,6,6,25	
<i>Shoulders, Chest &amp; Triceps</i>		Standing Upright Cable Rows	4	6,6,6,25	
	Chest	Barbell Incline Press	4	6,6,6,25	
		Flat Dumbell Flye	4	6,6,6,25	
	Triceps	Dips (Weighted)	4	6,6,6,25	
			26	Total Sets	
<b>Day Four - Saturday</b>		Barbell Squats	6	15,10	
				6,6,6,25	
<i>Legs</i>		Barbell Bent Leg Raise	4	6,6,6,25	
		Icarian Hack Squat (close stance)	4	6,6,6,25	
		Walking Lunges (barbell or dumbell)	4		
		Bodymaster Leg Extension	4	6,6,6,25	
		Bodymaster Leg Curl	4	6,6,6,25	
			26	Total Sets	
<b>Noon or Evening Separate Days</b>	Calves	Icarian Leg Press "75" rep set	2	10,75	
	Calves	Seated Calf "75" rep set	2	10,75	

Abs & Cardio M-W-F

<b>Week #2</b>		<b>4 Day Simply Big Workout</b>			
<b>Day One - Sunday</b>		<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>
	Chest	Incline Dumbbell Press	4	12,12,12,12	
		Hammer Strength Decline	4	12,12,12,12	
<i>Chest, Shoulders &amp; Triceps</i>		Incline Cable Flye	4	12,12,12,12	
	Shoulders	Shoulder Machine Press	4	12,12,12,12	
		Standing Cable Laterals	4	12,12,12,12	
	Triceps	V-Bar Pushdowns	4	12,12,12,12	
			24	Total Sets	
<b>Day Two - Tuesday</b>	Low Back & Inner Thighs	Deadlifts (Sumo Style)	4	12,12,12,12	
<i>Back &amp; Biceps</i>	Upper Back	Assisted Pullups	4	12,12,12,12	
	Lats	Angled Bar Pulldowns	4	12,12,12,12	
	Middle Back	Bodymaster Rowing Machine	4	12,12,12,12	
	Biceps	45 degree preacher curls w/ez bar	4	12,12,12,12	
		Standing Cable Curls (one arm or ez curl bar)	4	12,12,12,12	
			24	Total Sets	
<b>Day Three - Thursday</b>	Shoulders	Plate Load Shoulder	4	12,12,12,12	
		Standing Rear Cable Laterals	4	12,12,12,12	
		Hammer Strength Shrugs	4	12,12,12,12	
<i>Shoulders, Chest &amp; Triceps</i>	Chest	Hammer Strength Super Incline	4	12,12,12,12	
		Flat Cable Flye	4	12,12,12,12	
	Triceps	Cable Kickbacks	4	12,12,12,12	
			24	Total Sets	
<b>Day Four - Saturday</b>		Smith Machine Squats	4	12,12,12,12	
		Dumbell Bent Leg Raise	4	12,12,12,12	
<i>Legs</i>		Cybex Leg Press	4	12,12,12,12	
		Walking Lunges (barbell or dumbell)	4		
		Cybex Leg Ext.	4	12,12,12,12	
		Cybex Leg Curl	4	12,12,12,12	
			24	Total Sets	
<b>Noon time or</b>	Calves	Icarian Leg Press "75" rep set	4	12,12,12,12	

<b>Evening Workout</b>	Calves	Seated Calf "75" rep set	4	12,12,12,12	
------------------------	--------	--------------------------	---	-------------	--

Abs & Cardio M-W-F