

Workout Day 1		
Sets/Reps	Task	
3/10	Floor flat chest press	
3/10	Pushups	
3/10	Bent over dumbbell row	
3/10	Forward bends	
3/10	Squats	
3/10	Sumo squats	
3/10	Military shoulder press	
3/20	Plank knee ups	
3/20	Across	
3/20	Supermans	

Workout Day 4		
Sets/Reps	Task	
3/10	Dumbbell row	
3/10	Forward bends	
3/10	Dumbbell fly low	
3/10	Incline pushups	
3/10	Squats	
3/10	Stiff legged deadlifts	
3/10	Military shoulder press	
3/10	Military shoulder press - higher weight	
3/20	Windshield wipers	
3/20	Bicycle crunches	
3/20	Kickups	

Workout Day 2		
Sets/Reps	Task	
3/10	Floor flat chest press	
3/10	Lying down dumbbell flys	
3/10	Bent over dumbbell row	
3/10	Lawnmowers	
3/10	Stationary lunges	
3/10	Stiff legged deadlifts	
3/10	Bicep curls	
3/10	Overhead dumbbell extensions	
3/20	Crunches	
3/20	Supermans	
3/20	Side bridges	

Workout Day 5		
Sets/Reps	Task	
3/10	Dumbbell row	
3/10	Lawnmowers	
3/10	Floor flat chest press	
3/10	Squeeze press/hex press	
3/20	Stnading calf raises - no weight	
3/10	Standing calf raises - weight	
3/10	Bicep curls	
3/5	Kickbacks	
3/10	Bent over reverse flys	
3/10	Upright row	

Workout Day 3		
Sets/Reps	Task	
3/10	Squats	
3/10	Sumo squats	
3/10	Floor flat chest press	
3/10	Dumbbell row	
3/10	Walking lunges	
3/10	Hammer curls	
3/10	Overhead dumbbell extensions	
3/20	Plank knee ups	
3/20	Across	
3/20	Straight up	

Notes
Grey and white cells that are grouped are to be done together with 15-30 second breaks between them. When transitioning from a grey to white or white to grey, rest time is 45-60 seconds max.

Any questions email stephen@inspiredgentleman.com