



# MUSCLECOACH

PERSONALISED TRAINING PROGRAM

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Legs and Abs	Sets x Reps	Optional Cardio or Rest	Sets x Reps	Chest, Shoulders, Triceps	Sets x Reps	Optional Cardio or Rest	Sets x Reps	Back, Biceps and Abs	Sets x Reps	Optional Cardio or Rest	Sets x Reps	Rest	Sets x Reps
Barbell Squats	3 x 10-12	Treadmill, Run, Walk or Bike	30 mins	Push-Ups	3 x 12	Treadmill, Run, Walk or Bike	30 mins	Assisted Chin-ups	3 x 12	Treadmill, Run, Walk or Bike	30 mins		
Leg Press Machine	3 x 10-12			Dumbbell Bench Press	3 x 10-12			Lateral Pull Downs	3 x 12				
Hamstring Curls	3 x 4-6			Dumbbell Shoulder Press	3 x 10-12			Seated Cable Rows	3 x 12				
Seated Calf Raisers	3 x 4-6			Side Lateral Raisers	3 x 10-12			EZ Bar Curls	3 x 12				
Cable Crunches	3x 10-12			Assisted Dips	3 x 10-12			Dumbbell Curls	3 x 12				
Hanging Leg Raisers	2 x 8-12			Skull Crushers	3 x 10-12			Cable Curls	3 x 12				
Sit-ups	2 x 8-15							Cable Crunches	3x 10-12				
								Hanging Leg Raisers	2 x 8-12				
								Sit-ups	2 x 8-15				



**IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING**

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