



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 and Triceps | Sets x Reps | Optional Cardio or Rest | Sets x Reps | Shoulders and Abs | Sets x Reps | Back and Biceps | 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 | Dumbbell Shoulder Press | 3 x 12 | Assisted Chin-ups | 3 x 10-12 | | |
| Leg Press Machine | 3 x 10-12 | | | Dumbbell Bench Press | 3 x 10-12 | | | Machine Shoulder Press | 3 x 12 | Lateral Pull Downs | 3 x 10-12 | | |
| Hamstring Curls | 3 x 4-6 | | | Incline Dumbbell Press | 3 x 10-12 | | | Side Lateral Raisers | 3 x 12 | Seated Cable Rows | 3 x 10-12 | | |
| Seated Calf Raisers | 3 x 4-6 | | | Assisted Dips | 3 x 10-12 | | | Cable Crunchers | 3 x 10-12 | EZ Bar Curls | 3 x 10-12 | | |
| Cable Crunches | 3x 10-12 | | | Skull Crushers | 3 x 10-12 | | | Hanging Leg Raisers | 2 x 8-12 | Dumbbell Curls | 3 x 10-12 | | |
| Hanging Leg Raisers | 2 x 8-12 | | | | | | | Sit-Ups | 2 x 8-12 | Cable Curls | 3 x 10-12 | | |



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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