



MUSCLECOACH

PERSONALISED TRAINING PROGRAM

Rest Between Sets: 3-4 mins

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Chest, Shoulders, Triceps	Sets x Reps	Rest	Sets x Reps	Legs and Abs	Sets x Reps	Rest	Sets x Reps	Back and Biceps	Sets x Reps	Rest	Sets x Reps	Rest	Sets x Reps
Barbell Bench Press	3 x 4-6			Barbell Squats	3 x 4-6			Deadlifts	4 x 4-6				
Barbell Bench Press at 120% of 1RM - Forced Negatives	1 x 3			Barbell Squats at 120% of 1RM - Forced Negatives	1 x 3			Weighted Chin-ups	4 x 4-6				
Incline Dumbbell Press	2 x 4-6			Leg Press	2 x 4-6			Seated Cable Rows	2 x 4-6				
Dumbbell Shoulder Press	3 x 4-6			Stiff Leg Deadlifts	3 x 4-6			EZ Bar Curls	4 x 4-6				
Weighted Dips	3 x 4-6			Seated Calf Raisers	3 x 4-6			Dumbbell Curls	3 x 4-6				
Skull Crushers	2 x 4-6			Cable Crunches	3 x 10-12			Cable Curls	2 x 6				
				Hanging Weighted Leg Raisers	2 x 8-12								



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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