



# 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 and Triceps	Sets x Reps	Rest	Sets x Reps	Legs	Sets x Reps	Rest	Sets x Reps	Back and Biceps	Sets x Reps	Shoulders and Abs	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 Shoulder Press	3 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	3 x 4-6	Barbell Shoulder Press at 120% of 1RM - Forced Negatives	1 x 3		
Incline Dumbbell Press	3 x 4-6			Leg Press	2 x 4-6			Dumbbell Rows	2 x 4-6	Dumbbell Shoulder Press	3 x 4-6		
Decline Barbell Bench Press	2 x 4-6			Stiff Leg Deadlifts	3 x 4-6			Seated Cable Rows	3 x 6	Lateral Raisers	3 x 6		
Weighted Dips	3 x 4-6			Hamstring Curls	3 x 6			EZ Bar Curls	3 x 4-6	Cable Crunchers	3 x 10-12		
Skull Crushers	3 x 4-6			Seated Calf Raisers	4 x 6			Dumbbell Curls	3 x 4-6	Hanging Weighted Leg Raisers	2 x 8-12		
								Cable Curls	2 x 6	Weighted Sit-Ups	2 x 8-12		



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

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