



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



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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