



# MUSCLECOACH

PERSONALISED TRAINING PROGRAM

Rest Between Sets: 2 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 10-12	Deadlifts	3 x 10-12			Barbell Squats	3 x 10-12	Dumbbell Shoulder Press	3 x 10-12	EZ Bar Curls	3 x 10-12		
Incline Dumbbell Press	3 x 10-12	Weighted Chin-Ups	3 x 10-12			Leg Press	3 x 10-12	Barbell Shoulder Press	3 x 10-12	Dumbbell Curls	3 x 10-12		
Decline Barbell Bench Press	3 x 10-12	Dumbbell Rows	3 x 10-12			Stiff Leg Deadlifts	3 x 10-12	Lateral Raisers	3 x 10-12	Cable Curls	3 x 10-12		
Dumbbell Flys	3 x 10-12	Seated Cable Rows	3 x 10-12			Hamstring Curls	3 x 10-12	Cable Crunchers	3 x 10-12	Weighted Dips	3 x 10-12		
						Seated Calf Raisers	3 x 10-12	Hanging Weighted Leg Raisers	2 x 8-12	Skull Crushers	3 x 10-12		
HIIT Cardio on Bike	10-12 mins	HIIT Cardio on Rowing Machine	10-12 mins					Weighted Sit-Ups	2 x 8-12	Rope Push Downs	3 x 10-12		
						HIIT on Cross Trainer	10-12 mins						
								HIIT Cardio on Bike	10-12 mins	HIIT Cardio on Rowing Machine	10-12 mins		



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

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