

Summer Shape Up Challenge

DAY 1; Chest & Biceps

DAY 2; Back & Triceps

DAY 3; Legs

DAY 4; Shoulders (**if only 3 days combine Legs & Shoulders**)

Please remember that you should not over train;

Pick 3-4 exercise per body part;

Do 3 sets per exercise

Set 1: 10 reps, Set 2 and 3 should be really hard work, try go to failure in the 12 Rep range.

Please also remember that each exercise must have a full strict movement, No cheating, and use a weight that you can actually train properly with, and **can be followed by both sexes**, as it's not a bulking program, in fact why not follow it with your partner.

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DAY 1;

Chest;

Biceps;

Flat Bench Press

Preacher Curls

Incline Bench Press

Seated Dumbbell Curls

Decline Bench Press

Standing 21`s

Pullovers or Flies

Standing Barbell Curls

Peck Deck or Crossovers

Concentration Curls

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DAY 2;

Back;

Wide Grip Behind Neck Pulldowns

Medium Grip Front Pulldowns

Base Pully Rows

Wide Grip Chins

Triceps;

Close Grip Pushdowns

Wide Grip Pushdowns

Reverse Grip Bench Press

One Arm Cable Kick backs

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DAY 3;

Thighs;

Double Leg Extensions

Leg Press

Hack Squat

Squats

Single Leg Extensions

Hamstrings;

Leg Curls

Straight Leg Deadlift

Single Leg Curls (standing or lying down)

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DAY 4;

Shoulders;

Side Lateral Raise

Front Lateral Raises

Bent Over Flies

Behind Neck Press

Front Press

Upright Rows

Shrugs

Wide Grip Behind Neck Chins

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Calves;

Take one exercise for calves each day you train. Choose one of;

Seated Calve Raises

Standing Calve Raises

Leg Press Calve Raises

Hack Squat Calve Raises

4 x Sets / 20 Reps

Each time you train your calves change the angle of your feet.

1. Point Feet In
2. Point Feet Out
3. Point Feet Straight.

Abdominals;

Do not do too much on your abdominals. Remember it's a muscle it will grow if you over train it we suggest that you do a maximum 3 sessions per week minimum 2

3 x Sets of 20 – 25 crunches, change angles on different days

Twists on the edge of a bench for 5 minutes. Make sure you are sat on the edge, feet flat facing forward, and twist a broom stick behind your neck as far round as you can without moving your lower section.

Cardio:

You can start with moderate 5-10 minutes to warm up, as you want to be at your strongest when weight training. Then at the end of each session add at least 15 minutes of moderate to high intensity cardio of your choice, followed by some gentle stretching.

As with all exercise consult your GP first about any health issues, and good luck.