

The Ultimate 12-Week Workout Program

Week 8  
High

Day 1 Target Bodypart(s): Chest, Triceps, and Abs		<b>MONDAY</b>		
Body part	Exercise	Variables		
Chest	Bench Press	5	8 to 10	2 min.
	Incline Dumbbell Press	5	8 to 10	2 min.
	Dumbbell Flye	5	8 to 10	2 min.
	Cable Cross	5	8 to 10	2 min.
Triceps	Close Grip Bench Press	6	8 to 10	2 min.
	Lying Triceps Extension	5	8 to 10	2 min.
	Triceps Pressdown	5	8 to 10	2 min.
Abs	Reverse Crunch	5	12 to 15	1 min.
	Crunch	6	15 to 20	1 min.
	Cable Crunch	5	12 to 15	1 min.

Day 2 Target Bodypart(s): Back, Biceps, Forearms		<b>TUESDAY</b>		
Body part	Exercise	Variables		
Back	Barbell Row	5	8 to 10	2 min.
	Wide Grip Pull Down	5	8 to 10	2 min.
	Seated Cable Row	5	8 to 10	2 min.
	Straight Arm Pull Down	5	8 to 10	2 min.
Biceps	Barbell Curl	6	8 to 10	2 min.
	Preacher Curl	5	8 to 10	2 min.
	Concentration Curl	5	8 to 10	2 min.
Forearm	Barbell Wrist Curl	5	8 to 10	2 min.
	Barbell Reverse Wrist Curl	5	8 to 10	2 min.

Day 3 Target Bodypart(s): Quads, Hamstrings, Calves		<b>THURSDAY</b>		
Body part	Exercise	Variables		
Quads/Hams	Squats	5	8 to 10	2 min.
	Leg Press	5	8 to 10	2 min.
Quads	Leg Extension	5	8 to 10	2 min.
Hams	Lying Leg Curl	5	8 to 10	2 min.
Calves	Standing Calf Raise	5	8 to 10	1 min.
	Leg Press Calf Raise	6	8 to 10	1 min.
	Seated Calf Raise	6	8 to 10	1 min.

Day 4 Target Bodypart(s): Shoulders, Traps, Abs		<b>FRIDAY</b>		
Body part	Exercise	Variables		
Shoulders	Barbell Shoulder Press	5	8 to 10	2 min.
	Wide Grip Upright Row	5	8 to 10	2 min.
	Dumbbell Lateral Raise	5	8 to 10	2 min.
	Bent Over Lateral Raise	5	8 to 10	2 min.
Traps	Barbell Shrugs	6	8 to 10	2 min.
	Dumbbell Shrugs	5	8 to 10	2 min.
	Smith Machine Shrug	5	8 to 10	2 min.
Abs	Hanging Leg Raise	5	12 to 15	1 min.
	Decline Crunch	6	15 to 20	1 min.
	Incline Reverse Crunch	5	12 to 15	1 min.

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