

The Ultimate 12-Week Workout Program

Week 11

Fast Explosive Reps

Day 1 Target Bodypart(s): Chest, Triceps, and Abs		MONDAY		
Body part	Exercise	Variables		
Chest	Bench Press	3	5	2 min.
	Incline Dumbbell Press	3	5	2 min.
	Dumbbell Flye	3	5	2 min.
Triceps	Close Grip Bench Press	3	5	2 min.
	Triceps Press down	3	5	2 min.
Abs	Reverse Crunch	3	15 to 20	1 min.
	Crunch	3	15 to 20	1 min.
	Rope Cable Crunch	3	12 to 15	1 min.

Day 2 Target Bodypart(s): Back, Biceps, Forearms		TUESDAY		
Body part	Exercise	Variables		
Back	Barbell Row	3	5	2 min.
	Wide Grip Pulldown	3	5	2 min.
	Seated Cable Row	3	5	2 min.
Biceps	Barbell Curl	3	5	2 min.
	Preacher Curl	3	5	2 min.
Forearm	Barbell Wrist Curl	3	8 to 10	2 min.
	Barbell Reverse Wrist Curl	3	10 to 12	2 min.

Day 3 Target Bodypart(s): Quads, Hamstrings, Calves		THURSDAY		
Body part	Exercise	Variables		
Quads/Hams	Squats	3	5	2 min.
	Leg Press	3	5	2 min.
Quads	Leg Extension	3	5	2 min.
Hams	Lying Leg Curl	3	5	2 min.
Calves	Standing Calf Raise	2	5	2 min.
	Leg Press Calf Raise	2	5	2 min.
	Seated Calf Raise	2	15 to 20	2 min.

Day 4 Target Bodypart(s): Shoulders, Traps, Abs		FRIDAY		
Body part	Exercise	Variables		
Shoulders	Barbell Shoulder Press	3	5	2 min.
	Wide Grip Upright Row	3	5	2 min.
	Dumbbell Lateral Raise	3	5	2 min.
Traps	Barbell Shrugs	3	5	2 min.
	Dumbbell Shrugs	3	5	2 min.
Abs	Hanging Leg Raise	3	10 to 15	1 min.
	Decline Crunch	3	12 to 15	1 min.
	Machine Crunch	3	15 to 20	1 min.

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