

The Ultimate 12-Week Workout Program

Week 9

Long Rest

Day 1		MONDAY		
Target Bodypart(s): Chest, Triceps, and Abs				
Body part	Exercise	Variables		
		Sets	Reps	Rest Time
Chest	Bench Press	3	8 to 12	3 min.
	Incline Dumbbell Press	3	8 to 12	3 min.
	Incline Dumbbell Flye	3	8 to 12	3 min.
	Cable Crossover	3	8 to 12	3 min.
Triceps	Triceps Dip	3	8 to 12	3 min.
	Triceps Pressdown	3	8 to 12	3 min.
	Seated Overhead Dumbbell Extension	3	8 to 12	3 min.
Abs	Incline Reverse Crunch	3	10 to 15	1 min.
	Rope Cable Crunch	3	15 to 20	1 min.
	Crunch	3	15 to 20	1 min.

Day 2		TUESDAY		
Target Bodypart(s): Back, Biceps, Forearms				
Body part	Exercise	Variables		
		Sets	Reps	Rest Time
Back	Wide Grip Pull Down	3	8 to 12	3 min.
	Dumbbell Row	3	8 to 12	3 min.
	Seated Cable Row	3	8 to 12	3 min.
	Straight Arm Pull Down	3	8 to 12	3 min.
Biceps	Preacher Curl	3	8 to 12	3 min.
	Concentration Curl	3	8 to 12	3 min.
	Cable Curl	3	8 to 12	3 min.
Forearm	Barbell Wrist Curl	3	8 to 12	3 min.
	Barbell Reverse Wrist Curl	3	8 to 12	3 min.

Day 3		THURSDAY		
Target Bodypart(s): Quads, Hamstrings, Calves				
Body part	Exercise	Variables		
		Sets	Reps	Rest Time
Quads/Hams	Squats	3	8 to 12	3 min.
	Leg Press	3	8 to 12	3 min.
	Dumbbell Lunge	3	8 to 12	3 min.
Quads	Leg Extension	3	8 to 12	3 min.
Hams	Lying Leg Curl	3	8 to 12	3 min.
Calves	Standing Calf Raise	2	12 to 15	1 min.
	Leg Press Calf Raise	2	12 to 15	1 min.
	Seated Calf Raise	2	15 to 20	1 min.

Day 4		FRIDAY		
Target Bodypart(s): Shoulders, Traps, Abs				
Body part	Exercise	Variables		
		Sets	Reps	Rest Time
Shoulders	Barbell Shoulder Press	3	8 to 12	3 min.
	Wide Grip Upright Row	3	8 to 12	3 min.
	Dumbbell Lateral Raise	3	8 to 12	3 min.
	Bent Over Lateral Raise	3	8 to 12	3 min.
Traps	Barbell Shrugs	3	8 to 12	3 min.
	Dumbbell Shrugs	3	8 to 12	3 min.
Abs	Hanging Leg Raise	3	10 to 15	1 min.
	Decline Crunch	3	12 to 15	1 min.
	Machine Crunch	3	10 to 12	1 min.

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