



Mike L 5x/Wk Sample Workout

Day 1		
Exercise	Sets	Reps
Dec Cable Flys	3	15
A1-Dumbell Incline Bench Press	3	10
A2-Single Dumbell Center Press	3	15
B1-Leg Press	4	25
B2-Wall Sit	4	30 sec
B3-Plank On Hands With Knee Tuck	4	15

Cardio	Intensity	Duration
Interval Treadmill	145BPM/100BPM	1min/1min for 15min
Treadmil	110BPM	15min

Day 2		
Exercise	Sets	Reps
A1-Seated Cable Row	3	15
A2-1 Arm Single Dumbbell Row	3	12
Lat Pull Down	3	15
B1-Leg Curl	4	15
B2-Floor Bridge	4	15 (2sec Hold @ top of ROM)
B3-Side Plank	4	20 sec/side

Cardio	Intensity	Duration
Stair Mill	Level 5	15 min
Arc Trainer	Inc = 10; Resist 25	15min

Day 3		
Exercise	Intensity	Duration
Option 1: Rest	0	0
Option 2: 45 min Interval Training (Choose Cardio Equip)	A-160BPM/110BPM B-120	A-25min B-20min

Day 4		
Exercise	Sets	Reps
A1-Rear Delt Raise (on Fly Mach.)	3	15
A2-Standing Lateral	3	10
B1Plate Front Raise (approx 25lbs)	3	12
B2-Overhead Ext	3	20
Rope Grip Ext	4	15
Forward Lunge	4	15/side
Bird Dog (Hold flex in abdomen)	2	8/side

Cardio	Intensity	Duration
Stair Mill	Level 7	15 min
Arc Trainer	Inc = 10; Resist 30	15min

Day 5		
Exercise	Sets	Reps
A1-Single Dumbbell Preacher Curl	3	15
A2-Standing EZ Bar Curl	3	10
Rope Grip Cable Curl	4	AMRAP
B1-Bosu Crunch	3	20
B2-Bosu Plank	3	30sec
B3-Bosu Plank w/Knee Tuck (Black Side up)	3	15/side (Alternating)

Cardio	Intensity	Duration
Interval Treadmill	145BPM/100BPM	1min/1min for 20min
Treadmil	110BPM	10min