Week 1-4	**5 x 5 concept**	
Day 1	PUSH	Bench Press
		Shoulder Press
		Decline Press
		Skullcrusher
		Chest fly/Cable Fly
		Shoulder Fly/ Incline Lateral Raise
		Incline Press
		Tri Rope Pushdown (SUB: Weighted Dips)
Day 2	Cardio or Yoga	
Day 3	PULL	Max Rep Wide Front Pullups (warm up)
		Lat Pull Down (SUB: Weighted Pullups)
		Barbell Curl (SUB: Dumbbell Curl)
		Barbell Squat (SUB:Dumbbell Squat)
		Rowing/ Incline Rowing
		Dumbell Concentration Curl
		Deadlift
		Shoulder Shrugs
		Hammer Curl
Day 4	Rest	
Day 5	PUSH / PULL	One-on-One Upper Body Massacre + weighted abs
Day 6	Cardio	Beachbody cardio or short interval run
Day 7	Rest	

Beachbody Cardio = P90X,P90X+,Insanity,Combat,Asylum,Other

ABS Week 1-4

http://www.bodybuilding.com/fun/vinced11.htm

Do 4 sets each, 8-12 reps each sets, 1 min rest between sets, with 2-3 sec each rep

Hit 4 abs area: upper, lower, rotation obliques, lateral obliques
Pick one of each category. Change the workout every week

www.HowDoIGetRipped.com

1 - Upper:
1. Swiss Ball Crunch
2. Weighted Swiss Ball Crunches
3. Weighted Cable Crunches

2 - Lower:
1. Incline Hip Raise
2. Incline Hip Raise
3. Hanging Hip Raise

3 - Rotation
1. Russian Twist
2. Weighted Russian Twist
3. Weighted Cable Crossover

4 - Lateral:
1. Lateral Flexion on back extension machine
2. Lateral Flexion with medicine ball over head
3. Lateral Flexion with medicine ball and twist

Note: Change sequence every time you hit abs. 1= upper, 2 = lower, 3 = rotation, 4 = lateral
example: Day 1 do 1-2-3-4, Day 3 do 2-3-4-1, Day 5 do 3-4-1-2

Add weighted vest to PUSH/PULL if possible

PUSH

Date			**Set 1**		**Set 2**		**Set 3**		**Set 4**		**Set 5**	
			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Bench Press												
Shoulder Press												
Decline Press												
Skullcrusher												
Chest Fly												
Shoulder Fly / Incline Lateral Raise												
Incline Press												
Weighted Dips												

PULL

Date			**Set 1**		**Set 2**		**Set 3**		**Set 4**		**Set 5**	
			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Max Rep Wide Grip Pullups				-	-	-	-	-	-	-	-	-
Weighted Pullups												
Dumbbell Curl												
Dumbbell Squat												
Row												
Dumbbell Concentration Curl												
Deadlift												
Shoulder Shrugs												
Hammer Curl												