

## **Workout Routine**

### EVERY DAY:

- **Stretching** is crucial (before and after your workout, at least 10 minutes in total)
- **Cardio** (I do before and after, stationary bikes or treadmill; you can adjust the incline on the treadmill so you are simulating walking up hill, I do this often after a leg day)
- **Abs** (any ab workout you can find online; russian twists, leg raises, crunches, planks, standing dumbbell side bend, etc.)
- Use YouTube, workout apps, TikTok pages, etc.; plenty of good resources out there. For instance, type in “ab workouts” in google or wherever and it will give you a ton of different options
- I am breaking down your workouts into 3 separate days so you are targeting a specific set of muscle groups each time you’re in the gym

### Day 1: **Chest, triceps, shoulders**

- I use the dumbbells/free weights for a lot of this
- Bench using the free weights, try for 3 or 4 sets and 12 reps for each set
- Regular bench press
- Incline bench press
- Dumbbell bench press
- Dumbbell flyes
- Cable crossover
- Tricep extension
- Skull crusher
- Tricep cable pushdown
- Chest dips
- Seated dumbbell shoulder press
- Dumbbell lateral raise (seated or standing)
- Dumbbell front raise (seated or standing)
- Arnold Press
- Front raises
- Upright row (cable upright row, dumbbell upright row)
- Pushups (there are many different variations you can do of these)

### Day 2: **Biceps, back**

- Dumbbell bicep curl (seated or standing; make sure to go slow, lower the weight if you need to and focus on reps and your form)
- Dumbbell hammer curl
- Preacher curl
- EZ bar curl
- Lat pull downs (can change up your grip/hand placement, having them further apart or closer together to simulate pull ups)
- Pull ups
- Seated row
- Standing single arm cable row

## **Workout Routine**

### Day 3: **Lower body**

- Standing calf raise
- Seated calf raise machine
- Calf raise on leg press
- Lying or seated leg curl machine
- Barbell squat
- Dumbbell squats (goblet squat)
- Dumbbell lunges
- Dumbbell bulgarian lunge
- Leg press
- Hack squat
- Leg extension machine
- Jump squat
- Wall squat
- Jumping lunge