

# Workouts 5/7-5/12

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40-60 second rest between  
sets!

# 5/7 @mofitnessandhealth

- 3x12 back squat
- 1x12 leg press
- 3x10 dumbbell bench press
- 2x15 incline push ups
- 4x12 lat pull down
- 3x10 seated dumbbell shoulder press
- 2x10 cable rear delt fly
- SUPERSET repeat 4 times
  - 10 cable bicep curls
  - 10 cable tricep push downs

# 5/8

- 20-30 min incline treadmill walk
- 3x15 swissball crunches
- 3x30 planks
- 3x15 side crunches

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# 5/9 @mofitnessandhealth

- 3x10 deadlift
- 3x10 RDL
- 3x12 seated row
- 3x12 dumbbell incline press
- 2x10 cable fly
- 3x12 lateral raises
- 3x12 front raises
- SUPERSET repeat 4 times
  - 10 barbell curl
  - 10 barbell skull crushers
- 4x10 calf press

# 5/10

- 20-30 minute treadmill incline walk
- POWERBAND shoulder circuit x3x10-15
  - Shoulder press
  - Front raises
  - Upright row
- Hamstring Focus x3x10-15
  - Prone hamstring curl
  - Single leg prone hamstring curl

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# 5/11

- 20-30 minute incline treadmill walk
- 5-8 minute stair master
- Plank circuit- 3x 30 seconds
  - Plank
  - Side plank

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# 5/12 @mofitnessandhealth

- 3x10 weight walking lunges
- 2x12 leg extension machine
- 3x10 bent over barbell row
- 3x10 single arm dumbbell row
- 3x12 flat barbell bench-press
- 2x10 decline pushups
- 3x12 dumbbell shoulder press
- 2x10 seated rear delt with dumbbells
- SUPERSET x4 x 10
  - Dumbbell hammer curl
  - Tricep kickbacks