

# FULL BODY WORKOUT PLAN PDF

Thank you for downloading our Full Body Workout Plan PDF!

Always consult a fitness professional for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

-- Mike  
ThisIsWhyImFit.com

Workout 1 (Leg Focus Day)						
		RIR	Set 1	Set 2	Set 3	Set 4
LEGS	Sissy Squats, or Sissy Hack Squats, or DB Heel Elevated Squats	0	15-20	10-12	10-12	10-12
	Leg Curls	0	15-20	10-12	10-12	10-12
	Leg Extensions	0	15-20	10-12	10-12	10-12
	Multi-Hip Machine, or Cable Hip Extensions, or RDLs	0	15-20	10-12	10-12	10-12
	Single Leg DB Calf Raises	0	15-20	15-20	15-20	15-20
SHOULDERS	Lu Raises, Plate Raises, or DB "I" Raises	1-2	20	15-20	12-15	10-12
BICEPS	Flat bench Lying Triceps Extensions	1-2	20	15-20	12-15	10-12
	Hammer Curls	1-2	20	15-20	12-15	10-12
CHEST	Flat DB Bench Press	1-2	20	15-20	12-15	10-12
BACK	Cable Pull-Downs	1-2	20	15-20	12-15	10-12
CORE	Crunches, Flat	1-2	20-30	20-30	20-30	20-30
Workout 2 (Shoulder Focus Day)						
		RIR	Set 1	Set 2	Set 3	Set 4
SHOULDERS	Cable Side Raises	0	15-20	10-12	10-12	10-12
	Cable Front Raises, Thumbs-up	0	15-20	10-12	10-12	10-12
ARMS	Supine Grip Triceps Cable Push-downs	1-2	15-20	15-20	15-20	15-20
	DB Concentration Curls	1-2	15-20	15-20	15-20	15-20
CHEST	Low Incline DB Bench Press	1-2	20	15-20	12-15	10-12
BACK	Cable Kelso Shrugs (Scapula Shrugs)	1-2	20	15-20	12-15	10-12
CORE	Cable Oblique Side Pulls	1-2	20-30	20-30	20-30	20-30
LEGS	Walking Lunges, BW or very light DBs	1-2	20	20	20	
Workout 3 (Arms Focus Day)						
		RIR	Set 1	Set 2	Set 3	Set 4
ARMS	Triceps Cable Push-downs, V-Bar or EZ Curl	0	15-20	10-12	10-12	10-12
	Single Side Cable Curls	0	15-20	10-12	10-12	10-12
	Seated DB or BB Wrist Flexions	1-2	15-20	10-12	10-12	10-12
CHEST	Underhand DB Flat Bench Press	1-2	15-20	15-20	15-20	15-20
BACK	Chest Supported rows, machine or incline bench with DB	1-2	15-20	10-12	10-12	10-12
CORE	Crunches	1-2	20-30	20-30	20-30	20-30
LEGS	"B" Stance DB RDLs	1-2	12-15	12-15	12-15	12-15
SHOULDERS	Chest Supported Rear DB Flyes, incline bench, face down. Neutral or pronated grip (palms toward floor).	1-2	15-20	15-20	15-20	
Workout 4 (Chest Focus Day)						
		RIR	Set 1	Set 2	Set 3	Set 4
CHEST	Decline DB Presses, Decline Cable Presses, or Decline Converging Chest Press Machine	0	15-20	10-12	10-12	10-12
	Low-to-High Cable Flyes	0	15-20	10-12	10-12	10-12
	High-to-Low Cable Flyes	1-2	15-20	10-12	10-12	10-12
BACK	Seated Cable Rows, Wide Grip	1-2	15-20	15-20	15-20	15-20
CORE	Sit-ups with a twist	1-2	20-30	20-30	20-30	20-30
LEGS	RFE "Bulgarian" Split Squats	1-2	15-20	15-20	15-20	15-20
SHOULDERS	Seated Underhand (palms facing body) DB Presses	1-2	15-20	10-12	10-12	10-12
ARMS	Reverse Grip Cable Triceps Extensions	1-2	15-20	15-20	15-20	
	DB Biceps Curls, Alternating Arms, Seated	1-2	15-20	15-20	15-20	
Workout 5 (Back Focus Day)						
		RIR	Set 1	Set 2	Set 3	Set 4
BACK	Cable Pull-ins, or Cable Pull-Downs	0	15-20	10-12	10-12	10-12
	Chest Supported Row Machine or Chest Supported T Bar	0	15-20	10-12	10-12	10-12
	Cable Shoulder Extensions (Rear Delt Flyes), Single Arm	1-2	15-20	10-12	10-12	10-12
CORE	Crunches, flat or incline	1-2	20-30	20-30	20-30	20-30
LEGS	Reverse Lunges	1-2	12-15	12-15	12-15	12-15
SHOULDERS	Cable Upright Rows	1-2	15-20	10-12	10-12	10-12
ARMS	Neutral Grip Cable Triceps Extensions, Single or both arms	1-2	15-20	10-12	10-12	10-12
	Palms-Up DB Biceps Curls	1-2	15-20	10-12	10-12	10-12
CHEST	Flat DB bench press	1-2	15-20	15-20	15-20	