



# **SKINNY GUY WORKOUT PLAN PDF**

# SKINNY GUY WORKOUT PLAN PDF

## 1 Week PPL A/B Format

	Exercise	Muscles	Equipment Options	Set 1	Set 2	Set 3	Set 4
Day 1: Push Day A	Chest Press	Pecs, Anterior Delts, Triceps	Dumbbells, Chest Press Machine, Smith Machine Flat	15-20	10-12	8-10	8-10
	High Incline Chest Press	Anterior Delts, Pecs, Triceps	Dumbbells, Chest Press Machine, Smith Machine w/ Incline Bench	15-20	10-12	8-10	8-10
	Close Grip Chest Press	Pecs, Triceps, Anterior Delts	Smith Machine, Flat Bench	15-20	10-12	8-10	8-10
	Cable Crossover or Decline Cable Press, Bilateral or Single Side, kneeling	Pecs	Cable Machine	15-20	10-12	8-10	8-10
	Front Raises, Thumbs Up or Palms Up	Anterior Delts	Dumbbells, or Cable Machine, single-side	15-20	10-12	8-10	8-10
	Cable Triceps Extensions, Attachment of Choice	Triceps	EZ Curl, V-bar, Rope, or Stirrup Handles	15-20	10-12	8-10	8-10
Day 2: Pull Day A	Dumbbell Hammer Curls or Palms-up Curls	Biceps, Brachialis, Brachioradialis	Dumbbells, Cable Machine with Rope or Handle	15-20	10-12	8-10	8-10
	Lat Pulldowns	Lats, Teres Major, Mid/Lower Traps	Cable Machine, or Lat Pulldown Machine	15-20	10-12	8-10	8-10
	Seated Low Row	Mid/Lower Traps, Lats, Rear Delts, Erectors	Dumbbells, Seated Cable Row Machine, or Chest-Supported Seated Low Row Machine	15-20	10-12	8-10	8-10
	Kelso Shrugs	Upper Traps	Dumbbells, or Smith Machine	15-20	10-12	10-12	10-12
	Chest Supported Incline DB Rows	Rear Delts, Teres Major, Lats	Dumbbells and Incline Bench	15-20	10-12	8-10	8-10
Day3: Leg Day A	Heel Elevated Squats	Quads	Dumbbells ** or Smith Machine	15-20	10-12	8-10	8-10
	Bulgarian Split Squats (Rear foot elevated)	Quads, Glutes	Dumbbells, bench	15-20	10-12	8-10	8-10
	Romanian Deadlifts (RDLs), Biped or Single-Leg B-Stance	Quads, Glutes, Adductors	Dumbbells or Trap (Hex) Bar	15-20	10-12	8-10	8-10
	Hip Extensions, or 45° Hyperextensions*	Glutes, Hamstrings	Cable Machine (with ankle cuff), or Kick-Back Machine. 45° Hyperextension bench	15-20	10-12	8-10	8-10
	Seated Leg Curls	Hamstrings	Seated Leg Curl Machine	15-20	10-15	10-12	8-10
	Calf Raises	Calves	Dumbbells from a Step, Leg Press, or Calf Press Machine	15-20	15-20	15-20	15-20
Day 4	REST						
Day 5: Push Day B	DB Pullovers	Pecs (sterno-costal division)	Single Dumbbell	15-20	10-12	8-10	8-10
	Low-High Cable Flyes, Single or Two-arm	Pecs (sterno-clavicular division)	Dumbbells, High Incline Press Machine, Smith Machine (Adjustable Bench Setting 5 or 6)	15-20	10-12	8-10	8-10
	High-Low Cable Flyes, Single-Side	Pecs	Cable Machine	15-20	10-12	8-10	8-10
	Lateral Raises	Middle Delts	Cable Machine, Dumbbell, or Shoulder Fly Machine. Can perform supported with high incline bench	15-20	10-12	8-10	8-10
	Cable Triceps Extensions	Triceps	EZ Curl, V-bar, Rope, or Stirrup Handles	15-20	10-12	8-10	8-10

# SKINNY GUY WORKOUT PLAN PDF

Day 6: Pull Day B	Biceps Curls	Biceps, Brachialis, Brachioradialis	Bicep Curl Machine, Cable Machine (single-side), or Fixed Weight Barbell (straight or EZ Curl)	15-20	10-12	8-10	8-10
	Machine Pull-downs, or Pull-ups with BW or Machine-assisted	Lats, Teres Major, Mid/Lower Traps	Cable or Selectable Pull-down machine. For Pull-ups, Bodyweight, or Assisted Pull-Up Machine	10-12	10-12	8-10	8-10
	Upright Rows	Mid/Lower Traps, Lats, Teres Major	Cable Machine, EZ Curl or Straight Bar Attachment, or Barbell	10-12	10-12	10-12	10-12
	Barbell Plate Raises, Or Dumbbell "I" Raises	Mid/Lower Traps, Delts	Barbell Plate, or Dumbbells	15-20	10-12	10-12	10-12
	Reverse Flyes	Rear Delts, Teres Major, Lats	Reverse Fly Machine, Cable Machine, or Dumbbells lying prone on incline bench	15-20	10-12	8-10	8-10
Day 7: Leg Day B	Leg Extensions	Quads	Leg Extension Machine	15-20	10-12	8-10	8-10
	Hip Abductions	Middle Glutes	Cable Machine w/ Ankle Cuff, or Hip Abduction (Bad Girl) Machine	15-20	10-12	8-10	8-10
	Hip Adductions	Adductors	Cable Machine w/ Ankle Cuff, or Hip Abduction (Good Girl) Machine	15-20	10-12	8-10	8-10
	Hip Extensions, or 45° Hyperextensions*	Glutes, Hamstrings	Cable Machine (with ankle cuff), or Kick-Back Machine. 45° Hyperextension bench	15-20	10-12	8-10	8-10
	Seated Leg Curls	Hamstrings	Seated Leg Curl Machine	15-20	10-15	10-12	8-10
	Calf Raises	Calves (Soleus, Gastrocnemius)	Dumbbells from a Step, Leg Press Machine, or Calf Press Machine	15-20	15-20	15-20	15-20
	Tibialis Anterior Raises	Hamstrings, Erectors, Adductors	Bodyweight	20	20	20	
	LISS** optional (skinny fat only)		Treadmill or Exercise Bike	45 minutes LISS			

## Application Notes:

- Warm up with a few light sets of the exercise you'll be doing before performing your working sets.
- Recover between each set so you can do the next with the same or greater intensity. One to two minutes for warm-up sets, and three minutes for "working" sets is a good general guideline. Go by feel. Don't watch the clock.
- Three minutes of rest time for upper body. One to two minutes for Legs and Arms.
- Progressive overload always applies. Increase resistance or reps once the load or top end of rep range gets easier.
- Do not use momentum: no launching, kipping, hitching, swinging, etc. Make the target muscles do all the work.
- The only reps that count are perfect reps. Always use proper form.
- Select the equipment that allows you to get maximal load on the muscle. This does \*not\* mean "hardest". Pick the equipment that allows you to apply the most intense effort using good stable form.

## NOTES:

- \*The term "hyperextension" is a misnomer for this exercise. The back and knees are not intended to hyperextend. Round the shoulders and back throughout the motion.
- \*\*Single DB Goblet style, or 2 DBs hands by sides.
- \*\*\*Low Intensity Steady State (LISS) cardio. 10,000 steps is a good rule of thumb for walking distance.

# SKINNY GUY WORKOUT PLAN PDF

**Disclaimer:** The content in this guide is provided solely for informational and educational purposes and is not intended as a substitute for professional medical advice or treatment. The workout plan outlined herein is designed to aid in muscle building and fitness improvement but might not be suitable for everyone. If you have any health issues, medical conditions, or are new to structured exercise programs, it is crucial to consult with a healthcare professional before initiating this or any other fitness regimen. Pay close attention to how your body responds during the exercises and proceed at a pace and intensity that you find manageable. Should you experience any pain, discomfort, or adverse reactions while engaging in these workouts, discontinue immediately and consult a medical professional as needed. Prioritizing safety is essential in any physical activity endeavor.