

5 DAY WORKOUT ROUTINE

5 DAY SPLIT

DR WORKOUT

DAY 1: LEGS

- Squat- 3 sets of 10 reps
- Lunges- 3 sets of 10 reps
- Leg extension - 3 sets of 10 reps
- Lying leg curl- 3 sets of 10 reps
- Calf raises- 3 AMRAP sets
- Decline crunches- 3 AMRAP sets
- Lying leg raises- 3 AMRAP sets

DAY 2: PUSH

- Push ups- 3 sets of 20 reps
- Bench press- 3 sets of 10 reps
- Overhead press- 3 sets of 10 reps
- Incline dumbbell press- 3 sets of 10 reps
- Front/Lateral raises- 3 sets of 10 reps
- Cable triceps pushdowns- 3 sets of 10 reps + 1 drop set
- Skull crushers- 3 sets of 10 reps

DAY 3: PULL

- Pull ups- 3 sets of 10-15 reps
- Deadlift- 3 sets of 6-8 reps
- Seated cable rows- 3 sets of 10 reps
- Dumbbell curls- 3 sets of 10 reps
- Preacher curls- 3 sets of 10 reps
- Dumbbell shrugs- 3 sets of 10 reps
- Reverse Curl- 3 sets of 10 reps

DAY 4: LOWER

- Squat- 3 sets of 10 reps
- Leg extension - 3 sets of 10 reps
- Lying leg curl- 3 sets of 10 reps
- Leg press- 3 sets of 10 reps
- Calf raises- 3 AMRAP sets
- Lying leg raises- 3 AMRAP sets
- Russian twist- 3 AMRAP sets

DAY 5: UPPER

- Parallel bar dips- 3 sets of 10-15 reps
- Flat dumbbell presses- 3 sets of 10-15 reps
- Seated dumbbell shoulder presses- 3 sets of 10-15 reps
- Dumbbell lateral raises- 3 sets of 10-15 reps
- Cable rows- 3 sets of 10-15 reps
- Dumbbell rows- 3 sets of 10-15 reps
- Cable behind head tricep extension- 3 sets of 10 reps + 1 drop set
- Cable Curls- 3 sets of 10 reps + 1 drop set

DAY 6 & DAY 7: REST

5 Edition Fitness Workout

M Tight



5 Edition Fitness Workout:

Unveiling the Magic of Words: A Report on "**5 Edition Fitness Workout**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**5 Edition Fitness Workout**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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