

WEEKLY WORKOUT PLAN

MON	FOCUS <input type="radio"/> Full Body <input checked="" type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest
	<ul style="list-style-type: none"> • Push ups • Incline Dumbbell Chest Press • Flat Dumbbell Press • Incline Dumbbell Flyes • Diamond Push-ups • Crunches • Leg Raises <p>3 Sets, 10 - 15 reps</p>
TUES	FOCUS <input type="radio"/> Full Body <input type="radio"/> Upper Body <input type="radio"/> Core <input checked="" type="radio"/> Lower Body <input type="radio"/> Active Rest
	<ul style="list-style-type: none"> • Squats • Walking Lunges • Step-ups • Bulgarian Split Squats • Romanian Deadlifts • Buttocks Lifts • Bicycle Kicks • Scissor Kicks <p>3 Sets, 10 - 15 reps</p>
WED	FOCUS <input type="radio"/> Full Body <input checked="" type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest
	<ul style="list-style-type: none"> • Pull-ups • Dumbbell Single Rows • Bent Over Rows • Dumbbell Pull-overs • Hyper-extensions • Reverse Crunches • Russian Twists <p>3 Sets, 10 - 15 reps</p>
THURS	FOCUS <input type="radio"/> Full Body <input checked="" type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest
	<ul style="list-style-type: none"> • Seated Shoulder Press • Standing Side Raises • Standing Front Raises • Dumbbell Upright Rows • Rear Delt Flyes • Roman Crunches • Mountain Climbers <p>3 Sets, 10 - 15 reps</p>
FRI	FOCUS <input type="radio"/> Full Body <input checked="" type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input type="radio"/> Active Rest
	<ul style="list-style-type: none"> • Alternating Bicep Curls • Tricep Dips • Hammer Curls • Lying Tricep Skullcrushers • Concentration Curls • Tricep Kickbacks • Plank (for as long as you can hold it) <p>3 Sets, 10 - 15 reps</p>
SAT	FOCUS <input type="radio"/> Full Body <input type="radio"/> Upper Body <input type="radio"/> Core <input type="radio"/> Lower Body <input checked="" type="radio"/> Active Rest