

Make sure rest days are active rest.

4 Day Per Week

Wednesday and Weekend Rest

# Supersets Workout

Exercise	Fortnight 1	Fortnight 2	Fortnight 3	Fortnight 4	Fortnight 5	Fortnight 6	Fortnight 7	Fortnight 8	Fortnight 9	Fortnight 10	Fortnight 11	Fortnight 12
<b>Day 1</b>												
<b>Chest/Back/Abs</b>												
<b>Superset 1</b>												
Dumbbell incline press 3 X 8-12 rep												
Cable Row 3 X 12-16 rep												
<b>Superset 2</b>												
Bench press 3 X 8-12 rep												
Lat pulldown 3 X 12-16 rep												
<b>Superset 3</b>												
Dips body weight 3 X failure												
Bent over dumbbell row 3 X 12-16 rep												
<b>Superset 4</b>												
Cable crossover 3 X 8-12 rep												
Close grip pulldown 12-16 rep												
<b>Superset 5</b>												
Hanging knee raises with twist 3 X failure												
Weighted crunch 3 X 12-16 rep												
<b>Day 2</b>												
<b>Legs</b>												
<b>Superset 1</b>												
Leg press 4 X 8-12 rep												
Hamstring curl 4 X 12-16 rep												
<b>Superset 2</b>												
Leg Extensions 4 X 8-12 rep												
Stiff legged deadlift 4 X 12-16 rep												
<b>Superset 3</b>												
Calf Raises 3 X 12-16 rep												
Seated calf raises 3 X 12-16 rep												
<b>Day 3</b>												
<b>Rest</b>												

Track the weight you use and the reps each week.





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Exercise	Fortnight 1	Fortnight 2	Fortnight 3	Fortnight 4	Fortnight 5	Fortnight 6	Fortnight 7	Fortnight 8	Fortnight 9	Fortnight 10	Fortnight 11	Fortnight 12
<b>Day 11</b>												
<b>Shoulders/ Abs</b>												
<b>Superset 1</b>												
<b>Barbell shrug 3 X 8-12 rep</b>												
<b>Seated dumbbell lat raise 3 X 12-16 rep</b>												
<b>Superset 2</b>												
<b>Cable rear delt 3 X 8-12 rep</b>												
<b>Cable front raise(single arm) 3 X 12-16 rep</b>												
<b>Superset 3</b>												
<b>Front plate raise 3 X 8-12 rep</b>												
<b>Dumbbell Shoulder press 3 X 12-16 rep</b>												
<b>Superset 4</b>												
<b>Reverse crunch 3 X failure</b>												
<b>Plank 3 X failure</b>												
<b>Day 12</b>												
<b>Arms</b>												
<b>Superset 1</b>												
<b>Bench dip 3 X failure</b>												
<b>Dumbbell curl 3 X 12-16 rep</b>												
<b>Superset 2</b>												
<b>Tricep press down 3 X 8-12 rep</b>												
<b>Cable curls 3 X 12-16 rep</b>												
<b>Superset 3</b>												
<b>Dumbbell kick back 3 X 8-12 rep</b>												
<b>Seated hammer curls 3 X 12-16 rep</b>												
<b>Superset 4</b>												
<b>Reverse forearm curl 12-16 rep</b>												
<b>Forearm curl 3 X 12-16 rep</b>												
<b>Day 12</b>												
<b>Rest</b>												
<b>Day 13</b>												
<b>Rest</b>												

Track the weight you use and the reps each week.