



Nëw Yëär, Nëw Shrëd: 8 Wëek Fät Blästër

Time: 40-60mins
Supps: Platoon, Protein, BCAAs
Days Per Week: 5 days
Difficulty: Intermediate
Equipment: barbell, dumbbells, machines, cables,

Monday: Back Workout	Sets	Reps
Exercise		
Bent Over Row	3	8-12
One-Arm Cable Row	4	8-12
Lat Pull Down	4	8-12
Straight Arm Cable Pull Down	3	8-12
Deadlift	3	6-8
Pull Up (assisted)	3	6-10
20min cardio of your choice		

Tuesday: Chest and Abs Workout	Sets	Reps
Incline Dumbbell Press	4	6-8
Machine Press	4	8-10
Machine Fly	3	10-12
Push Ups	3	15-20
Hanging Leg Raise	3	8-10
Side Bend	4	10-12
Plank	3	30-60 sec
15min cardio of your choice		

Wednesday: Legs Workout	Sets	Reps
Back Squat	4	8
Stiff Leg Deadlift	3	10
Single Leg Lunges (each leg)	3	6-8
Smith Machine Calf Raise	4	20
Leg Press	3	8-10
Leg Curl	3	8-10
Kettlebell Swings	4	12-15
10min Stairmaster		

Thursday: Shoulders & Abs Workout	Sets	Reps
Lateral Raise	4	8-10
Reverse Machine Fly	3	10-12
Military Press	3	8-10
Barbell Shrugs	4	12-15
Band Pull Apart (slow)	4	8
Crunches	4	15
Leg Raises	3	10-12

15min cardio of your choice

Friday: Arms Workout	Sets	Reps
Dumbbell curls	4	12-15
Tricep Dips	3	8-10
Rope Curl	4	12-15
Standing Dumbbell Tricep Extension	3	8-10
Single Arm Cable Curl	4	12-15
Dumbbell Tricep Kickback	3	8-10
EZ Bar Curl	2	20
Skullcrusher	3	8-10
10min cardio of your choice		

Saturday & Sunday: Active Recovery

Keep it light, low intensity cardio, stretches, resistance band work, and working on mobility.

Closing Notes: Feel free to message us with any questions in regards to this workout plan or diet. Remember 80/20; 80% dieting/nutrition, 20% workouts for best results. Starts with what you put into your body. Tag us in your post workout pics and transformations, make sure to #LegionNutrition