



New Year, Stronger You: 8 Week Workout Plan

Time: 40-60mins
Supps: Platoon, Protein
Days Per Week: 6 days
Difficulty: Intermediate
Equipment: barbell, dumbbells, machines, cables, bodyweight

Day 1: Lower	Sets	Reps
Exercise		
Squat	4	10
Deadlift	4	10
Leg Curl	3	10
Rope Pull Through	3	12
Calf Raise (sit or stand)	4	20
Hanging Leg Raise	3	20

Day 2: Upper	Sets	Reps
Barbell Row	4	8
Incline Bench Press	4	8
Pull Up (assisted or unassisted)	3	10
Bench Press	3	10
Dumbbell Shrugs	4	15
Lateral Raise	5	10
EZ Bar Curl	3	10
Rope Curl	3	10
Crunch	4	20

Day 3: Lower	Sets	Reps
Hack Squat	4	10
Stiff Legged Deadlift	4	10
Leg Press	3	15
Air Squats	4	20
Kettlebell Swings	3	10
Plank	3	Fail

Day 4: Upper	Sets	Reps
Reverse Machine Fly	4	10
Front Raise	3	10
Seated Shoulder Press	4	8
Lat Pull Down	4	10
Cable Row	3	12
Pushups	3	15
Leg Flutters	3	Fail

Day 5: Cardio & Abs	Sets	Reps
30min of low intensity cardio		
Side Bend	4	15
Hanging Leg Raise	3	10
Crunch	3	20
Plank	4	30sec

Day 6: Lower Body & Arms	Sets	Reps
Goblet Squat	4	15
Walking Lunges (each)	4	10
Hyperextensions	3	15
Chin Up	3	8-10
Rope Press Down	3	15
Triceps Kickback (each)	3	10
15-20min of low intensity cardio		

We've designed this workout plan to really test your limits. It's a new year, so start fresh and get swole for 2020. As is with any workout plan, your nutrition truly matters. If you happen to have any questions about the exercises or nutrition, just send us a message on social media or orders@legionnutrition.fit We'd be happy to help you out, receive feedback, and look forward to seeing your results. So take a scoop of Platoon, and let's get swole!