

nriish

FEMALE 5 DAY STAGE 3 - SET 2

DAY 1 - LEG DAY

Exercise:

BB walking lunges
Cable or banded kickbacks
Hack squat machine
BB or smith hip thrust
DB or KB sumo squat
Lying hamstring curls
Single leg speed hip thrust buron out

Sets x Reps:

5 x 12
4 x 12/leg
4 x 12
5 x 15, 12, 12, 10, 8
4 x 15
3 x failure
4 x 15

DAY 2 - SHOULDERS

Exercise:

Cable face pulls
Smith machine shoulder press
Cable lateral raise
Bent over rear delt fly
BB upright rows
Frontal raise using 25-35lb plate

Sets x Reps:

4 x 20
4 x 15, 12, 10, 8
4 x 12/arm
4 x 12
4 x 10
3 x failure

DAY 3 - BACK / BICEPS

Exercise:

Warm up - pullups
Close grip seated row
BB bicep curl
Wide grip lat pulldown
DB twisting curl
Bent over BB row (underhand)
Back extension

Sets x Reps:

3 x 15
5 x 20, 15, 12, 10
5 x 12
4 x 10
5 x 12
4 x 15
4 x 15

DAY 4 - LOWER BODY / PLYO

Warm up with walking lunges or rolling.
Complete in circuit style 4-5 rounds.

Exercise:

DB or BB split squat (rear foot elevated)
Straddle bench or box jumps
Banded hip bridges

Reverse lunge in place
Mountain climbers
Burpees
(focus on being explosive with your legs)
Alternating jump lunges

Reps:

x20
x20
x50 fast pace

x15
x20
x15
x20

BW squats
High step up
Low jacks
(squatting jumping jac, no arm movement)
Squat hold

x30
x15
x20
45 sec

DAY 5 - SHOULDERS / ARMS

Exercise:

Push up negatives (very slow descent)
DB press
Tricep dips
Lateral raise (drop set)
Lateral to frontal raise combo
DB hammer curls
Overhead tricep extension

Sets x Reps:

4 x 15
4 x 10
3 x 25
x 15, 12, 10, 10
4 x 20
4 x 12
4 x 12