

# KREATURES OF HABIT

## FULL WEEK BODY BUILDING WORKOUT PLAN





FULL WEEK BODY BUILDING

# WORKOUT PLAN

PART I - WARM UP, MON & TUES

## Before Every Workout

### DAILY WARM UP :

- + 5 Minute jog
- + Worlds greatest stretch  
4x Each side
- + Band pill Apart  
15 Pulls, Hold at Bottom for 1 second
- + Dynamic Kicks- Toes to Hand  
20 Kicks per leg
- + Body Weight Squats  
3 x 20 Reps  
30 Second rest in-between

## What's That Mean?

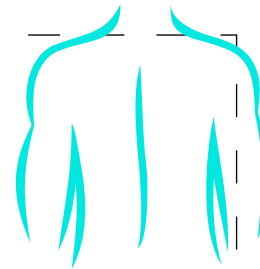
### KEY:

- + / #-#-# Suggested Tempo  
Each Number represents seconds you should be pacing yourself.  
  
1st # secs descend, 2nd # seconds at bottom, 3rd # second ascend, 4th # second hold at the top
- + Superset  
To perform 2 exercises back to back, followed by a short rest
- + DB  
Dumbbell
- + BB  
Barbell

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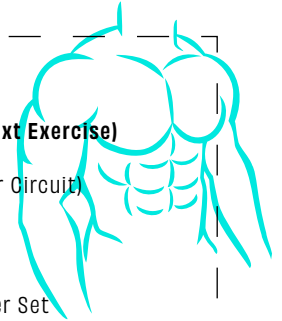
### MONDAY - BACK:

- + Plank  
3 X 60 Seconds  
45 Second Rest In-between
- + Hanging Leg Raises  
3 X 20 Reps  
30 Second Rest In-between
- + Single Arm DB Row  
4 Sets, 12 Reps Per Side / 2-1-1-1  
Start With 40 lbs Add 5 lbs Per Set
- + Seated Cable Row (Superset With Next Exercise)  
3 Sets X 12 Reps / 2-0-1-1  
Start With 70 lbs Add 5 lbs Each Set  
20 Second Rests In-between Exercises
- + Lat Pull Down  
3 Sets 12-15 Reps / 2-0-1-0  
Start With 70 lbs
- + Seated Face Pull (Superset With Next Exercise)  
3 Sets 15 Reps / 2-0-1-1  
Triceps Rope Overhand  
Start With 15 lbs Add 5 lbs Per Set  
20 Second Rests In-between Exercises
- + Reverse Fly Machine  
3 Sets / As Many As You Can Do  
Start With 40 lbs Add 5 lbs Per Set
- + Finish  
25 Minutes Of Steady Cardio On StairMaster  
BPM Between 130 -140



### TUESDAY : CHEST

- + Russian Twist (Superset With Next Exercise)  
4 Sets 8 Reps Per Side  
12k Kettle Bell (Same Weight For Circuit)  
As Little Rest As Possible
- + Cable Crunch  
4 Sets 15 Reps  
Start With 50 lbs & Add 5 lbs Per Set
- + DB Bench Press  
5 Sets 12 Reps / 2-0-1-1 / Rest For 70 Sec  
Start With 35 lbs & Add 5 lbs Per Set
- + Cable Crunch  
4 Sets 6-8 Reps / 2-1-1-0 / Rest 70 Sec  
Start With 95 lbs Add 5 lbs Per Set
- + DB Floor Press (Superset With Next Exercise)  
3 Sets 10 Reps / 2-0-1-0  
Start With 40 lbs DB's Add 5 lbs  
Rest 20 Sec Between Exercises
- + Standing Cable Fly  
3 X 12 Reps / 2-0-1-0  
Start With 15 lbs
- + Seated Smith Machine Shoulder Press  
3 X 15 Reps / 1-0-1-0 Rest For 70 Secs  
Start With 65 lbs Add 5 lbs Per Set



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SEE YOU \_\_\_\_\_ IN HEALTH



FULL WEEK BODY BUILDING

# WORKOUT PLAN

PART 2 - WEDS - SUN

## WEDNESDAY - LEGS

- + **Swiss Ball Roll Out (Superset With Next Exercise)**  
4 Sets 12 Reps  
Rest For 30 Seconds
- + **Hollow Body Rock Lower Back Always On The Ground**  
4 Sets 20 Resp
- + **Lying Leg Curl 65, 70, 80, 85**  
4 Sets 12 Reps / 2-0-1-0 / Rest 60 Secs  
Start With 60 lbs Add 5lbs Per Set
- + **Leg Extensions**  
4 Sets 12-15 Reps / 2-0-1-1 / Rest 70 Secs  
Start With 65lbs Add 5lbs Per Set
- + **Deadlift 135 6, 135 8, 140 6, 140 8, 155 6**  
5 Sets 6-8 Reps / 2-1-1-0 / Rest 120 Secs  
Start With 155lbs Add 5-10lbs Per Set
- + **Staggered Leg Press 135, 140, 155**  
3 X 12 Reps / 2-0-1-1  
Start With 15 lbs
- + **Seated Smith Machine Shoulder Press**  
3 X 15 Reps For 70 Secs  
Start With 180lbs Add 10lbs Per Set
- + **Finish**  
25 Minutes Of Steady Cardio On StairMaster  
BPM Between 130 -140



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### FRIDAY - SHOULDERS

- + **Hanging Leg Raises**  
3 X 10 Reps 60 Sec Rest
- + **Plank**  
3 X 60 Secs 45 Sec Rest
- + **Seated DB Shoulder Press**  
3 Sets 15 Reps / 2-1-1-0 / 60 Secs Rest  
Start With 20 lbs Add 5 lbs Per Set
- + **Standing Shoulder Press Seated**  
3 X 10 Reps / 2-0-1-0 / Rest 70 Secs  
Start With 85 lbs Add 5 lbs Per Set
- + **BB Upright Row (Superset With Next Exercise)**  
3 X 12 Reps / 2-0-1-0  
Start With 60 lbs Add 10 lbs Per Set  
Rest 20 Secs
- + **DB Lateral Raises**  
3 X 10 Reps / 2-0-1-0  
10-15 lbs For All Sets
- + **EZ Bar Bicep Curls**  
4 X 10 Reps / 2-0-1-0  
Start With 45 lbs (Bar Weighs 25 lbs)  
Add 5 lbs Per Set



## SATURDAY - LEGS 2

- + **Swiss Ball Roll Out (Superset W/ Next Exercise)**  
4 Sets 12 Reps  
Rest 30 Secs
- + **Hollow Body Rock**  
4 Sets 20 Reps
- + **Leg Extensions**  
4 Sets 12-15 Reps / 2-0-1-1 / Rest 70 Secs  
Start With 55 lbs Add 5 lbs Per Set
- + **Squat**  
4 Sets 6-8 Reps / 2-0-1-0 / Rest 120 Secs  
Start With 135 lbs Add 10 lbs Per Set
- + **Leg Press (Superset With Next Exercise)**  
3 X 10 Reps / 2-0-1-0  
Start With 180 lbs Add 20 lbs Per Set  
Rest 30 Secs
- + **Walking Lunges**  
3 X 8 Reps Per Leg / 2-0-1-0  
Start With 30 lbs Add 5 lbs Per Set  
Rest 90 Secs
- + **Standing Calf Raises On Smith Machine**  
4 X 12 Reps / 2-1-1-1 / Rest 60 Secs  
Start With 185 lbs Add 10 lbs Per Set
- + **Finish**  
25 Minutes Of Steady Cardio On StairMaster  
BPM Between 130 -140



## THURSDAY - OPTIONAL CARDIO

- + **Jog**  
40 Minute Jog Outside



## SUNDAY - REST



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SEE YOU \_\_\_\_\_ IN HEALTH