

TESTOSTERONE




SUPER SIZE

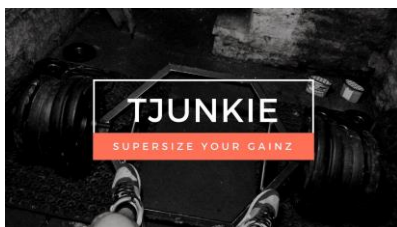
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YOUR GAINS



Day 1: Lower Body A

EXERCISE		SETS	REPS	REST
Squat		4	6-8	3 mins
Romanian Deadlift		4	6-8	3 mins
Dumbbell walking lunge		3	15 Each leg	2 mins






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<p>Leg Curl Machine</p>		<p>3</p>	<p>12</p>	<p>2 mins</p>
<p>Standing Calf Raise</p>		<p>3</p>	<p>6-8</p>	<p>2 mins</p>
<p>Seated Calf Raise</p>		<p>2</p>	<p>15-20</p>	<p>2 mins</p>



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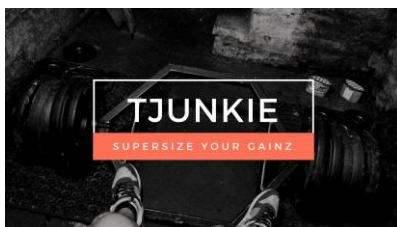
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YOUR GAINS



Day 2: Upper Body A

EXERCISE		SETS	REPS	REST
Bent-over Row		4	6-8	3 mins
Barbell Bench Press		4	6-8	3 mins
Pull Downs		3	10-12	2 mins



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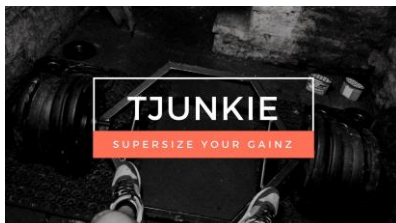
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<p>Arnold Press</p>		<p>3</p>	<p>10-12</p>	<p>2 mins</p>
<p>Dumbbell Bicep Curl</p>		<p>2</p>	<p>12</p>	<p>2 mins</p>
<p>Cable Push Downs</p>		<p>2</p>	<p>12</p>	<p>2 mins</p>



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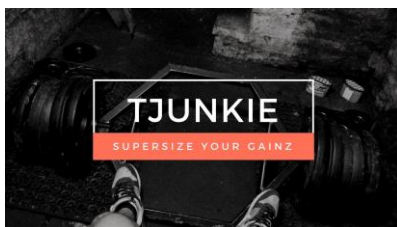
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Day 3: Lower Body B

EXERCISE		SETS	REPS	REST
Deadlift		4	6-8	3 mins
Leg Press		4	6-8	3 mins
Dumbbell Leg Curl		3	12	2 mins



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YOUR GAINS



<p>Goblet Squat</p>		<p>3</p>	<p>15</p>	<p>2 mins</p>
<p>Standing Calf Raise</p>		<p>3</p>	<p>6-8</p>	<p>2 mins</p>
<p>Seated Calf Raise</p>		<p>2</p>	<p>15-20</p>	<p>2 mins</p>



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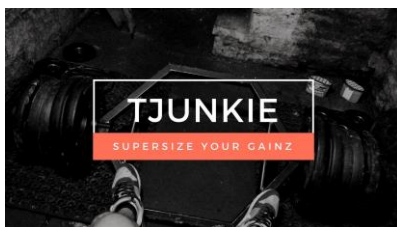
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YOUR GAINS



Day 4: Upper Body B

EXERCISE		SETS	REPS	REST
Dips		4	6-8	3 mins
Chin Ups		4	6-8	3 mins
Dumbbell Bench Press		3	10-12	2 mins



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YOUR GAINS



<p>Dumbbell Row</p>		<p>3</p>	<p>10-12</p>	<p>2 mins</p>
<p>Dumbbell Lying Tricep Extension</p>		<p>2</p>	<p>12</p>	<p>2 mins</p>
<p>EZ Bar Curl</p>		<p>2</p>	<p>12</p>	<p>2 mins</p>

Workout plan produced by Jason James www.coachjay.uk

- BSc University of Bedfordshire
- REPS personal training level 2 & 3
- REPS advanced personal training level 4
- CrossFit level 1

Schedule:

Beginners

Train 3 times a week with at least one day of rest in between each session.

Intermediates

Train 4 days a week.



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