

Annas Workout Program:

Sun/Wed: Legs/Booty/Side Delts

Warmup: Stairmaster 5min

- Squats: 4x12,10,8,6 (Go heavier each set) (make sure your hams touch your calves at the bottom!!! Keep weight balanced in middle of the foot and push through middle of the foot! Let your knees pass your toes to go all the way down!!
- Walking lunges: 3x10 with DBs
- Hip Thrusters: 3x12,10,8 with Barbell
- Curtsey Lunges: 3x12 (bodyweight)
- Leg extensions: 3x20
- Leg curls: 3x12
- Overhead DB Press: 3x12,10,8
- Lateral Delt Raises: 3x12,10,8
- Standing calf raises: 4x12
- Hip adductor: 3x12,10,8
- Hip abductor: 3x12,10,8

Mon/Th: Chest/Tris/Front Delts

Warm up: Elliptical 5min

- Pushups: 3x15
- Incline DB Bench: 3x12,10,8
- DB Front Raises: 3x12,10,8
- Rope Tricep Pulldowns: 3x12,10,8
- Plank: 3x30sec
- HIIT: Treadmill Sprints 10x30sec

Tu/Fri: Back/Bis/Rear Delt

Warmup: Rower or Elliptical 5min

- Deadlifts: 4x8,6,4,2 (watch vids) <https://www.youtube.com/watch?v=cmjgmi-dPbQ&t=1s>
- Pullups: 3x12,10,8 (use machine assisted)
- Barbell Row: 3x12,10,8
- Facepulls: 3x12,10,8
- BB reverse curls: 3x12,10,8
- DB Curls: 3x12,10,8
- Rear delt raise: 3x12,10,8
- Jog: 30min

Notes:

- Stretch everyday before workouts
- Try to go as heavy as you can on everything
- Go up in weight each set that decreases in reps.
- DB = Dumbbell
- BB = Barbell

Macros:

F:55g

C:180g

P:130g