



Over the next 4 weeks I'm going to be cutting to lean out a bit for the beach, and I'm pumped that you decided to join along. Of course, keep in mind that the workout program below is what I'm working through, but make sure to keep yourself safe. If you have any injuries that would prevent you from doing any of the movements, then just skip those.

Other than that let's have a great 4 week training block and see some big results.

Each exercise will be shown with a rep and set scheme (ex. 4x12 would mean 4 sets of 12 reps). The exercises are intended to be done with minimal rest in between sets. (45 seconds or so).

In Addition to the weightlifting, I'm also going to be adding 4 days of cardio as well. That will come in the form of a 1-2 mile run or approximately 10 minutes of walking lunges.

### **Monday:**

- Incline dumbbell bench superset with incline dumbbell flies - 5 x 15 each
- Tricep "nose breakers" - 4x21 method (7 to nose, 7 to forehead, 7 to bench)
- Chin ups - 5 x failure
- Front raises (2 second to raise and 2 second to lower weight) - 5 x 10
- Ab wheel - 5 x 12-15

### **Tuesday:**

- Back squats - 4 x 12
- Leg Extension - 5 x 15-20
- Split Squats - 3 x 10 (each leg)
- Calf Raises - 5 x 25-30

### **Wednesday:**

- Dumbbell bench superset with dumbbell flies - 5 x 15 each
- Lat raises 30+ method (heavy weight for bottom half of lat raises x 10, top half x 10, full rep x 10, lat pulses to failure) Select a weight for each portion you can hit the reps with - x 4
- Dumbbell curls superset with rope press downs - 5 x 12 each
- Dumbbell rows - 4 x 10 each arm
- Weighted crunches - 4 x 40

### **Thursday:**

On Thursdays I run a fitness group at our church where we do an outdoor workout consisting mainly of cardio. You could pick any of the PFT workouts from my youtube channel (joshwsc) to substitute or you could consider it a rest day.

### **Friday:**

- Sumo kettlebell squats - 5 x 15
- Weighted lunges (holding dumbbells) - 4 x 10 each leg
- Leg Curls - 4 x 15
- Hanging leg raises - 4 x failure

### **Saturday:**

- Iso dumbbell bench - 3 x 10
- Dumbbell bench - 2 x 20
- Lat pulldowns - 5 x 15
- Tricep kickbacks - 4 x 15
- Preacher curls - 4 x 12
- Pull-ups - 4 x failure