

MAXIMUSCLE BEACH BODY PLAN

WEEKS 1,2,3,4

Monday		Set 1	Set 2	Set 3	Set 4
Clean and Press	Weight / Reps				
Lateral Raise	Weight / Reps				
Reverse Flyes	Weight / Reps				
Narrow Dips	Weight / Reps				
V-Grip Extension	Weight / Reps				

Tuesday		Set 1	Set 2	Set 3	Set 4
Barbell Row	Weight / Reps				
Lat Pull-down	Weight / Reps				
Seated Row	Weight / Reps				
Abdominal Crunch	Weight / Reps				
Reverse Curl	Weight / Reps				

Wednesday	
30 mins Interval Cardio	

Thursday		Set 1	Set 2	Set 3	Set 4
Squats	Weight / Reps				
Leg Press	Weight / Reps				
Leg Extension	Weight / Reps				
Leg Curl	Weight / Reps				
Standing Calf Raise	Weight / Reps				

Friday		Set 1	Set 2	Set 3	Set 4
Incline Bench Press	Weight / Reps				
Flat Dumbbell Press	Weight / Reps				
Incline Flyes	Weight / Reps				
Barbell Curl	Weight / Reps				
Hammer Curl	Weight / Reps				

Saturday		Set 1	Set 2	Set 3	Set 4
Hanging Leg Raise	Weight / Reps				
Cable Crunch	Weight / Reps				
30 mins Steady State Cardio					

Sunday - Rest

Aim for 4 sets of 6-8 repetitions of each exercise. Rest 70-90 seconds between sets.



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