

MAXIMUSCLE BEACH BODY PLAN

WEEKS 5,6,7,8

Monday		Set 1	Set 2	Set 3	Set 4
Seated Dumbell Press	Weight / Reps				
Lateral Raise	Weight / Reps				
Reverse Flyes	Weight / Reps				
Lying Tricep Extension	Weight / Reps				
Rope Extension	Weight / Reps				

Tuesday		Set 1	Set 2	Set 3	Set 4
Deadlift	Weight / Reps				
Wide Grip Pull Up	Weight / Reps				
One Arm Row	Weight / Reps				
Abdominal Crunch	Weight / Reps				
Reverse Curl	Weight / Reps				
20 mins Interval Cardio					

Wednesday	
30 mins Interval Cardio	

Thursday		Set 1	Set 2	Set 3	Set 4
Leg Press	Weight / Reps				
Leg Extension	Weight / Reps				
Lunges	Weight / Reps				
Leg Curl	Weight / Reps				
Standing Calf Raise	Weight / Reps				
20 mins Interval Cardio					

Friday		Set 1	Set 2	Set 3	Set 4
Incline Dumbell Press	Weight / Reps				
Flat Bench Press	Weight / Reps				
Incline Flyes	Weight / Reps				
Dumbell Curls	Weight / Reps				
Preacher 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 8-12 repetitions of each exercise. Rest 60 seconds between sets.



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