

# Fitness routine

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Chest and torso</b> <ul style="list-style-type: none"> <li>• Flat bench presses (5 sets of 5 repetitions, or 5x5 reps)</li> <li>• Incline bench presses (5x5 reps)</li> <li>• Incline bench flies (4x15 reps)</li> <li>• Machine chest presses (4x15 reps)</li> <li>• Machine flies (4x15 reps)</li> <li>• Dips (5x20 reps)</li> </ul>	<b>Legs</b> <ul style="list-style-type: none"> <li>• Squats (5x5 reps)</li> <li>• Leg extensions (4x30 reps)</li> <li>• Hack squats (4x15 reps)</li> <li>• Hamstring curls (4x15 reps)</li> <li>• Jefferson squats (4x15 reps)</li> <li>• Calf raises (4x45 reps)</li> </ul>	<b>Back</b> <ul style="list-style-type: none"> <li>• Pull-ups (4x15 reps)</li> <li>• Bent over rows (4x10 reps)</li> <li>• T-bar rows (4x15 reps)</li> <li>• Lats (short form for "latissimus dorsi ") pull-downs (4x12 reps)</li> <li>• Close grip pull-downs (4x12 reps)</li> <li>• Low rows (4x12 reps)</li> <li>• Arm rows (4x10 reps)</li> <li>• Deadlifts (5x5 reps)</li> </ul>	<b>Shoulders</b> <ul style="list-style-type: none"> <li>• Military shoulder press (5x5 reps)</li> <li>• Upright rows (4x12 reps)</li> <li>• Arnold press (4x10 reps)</li> <li>• Side lateral raises (4x12 reps)</li> <li>• Bent over flies (4x15 reps)</li> <li>• Standing dumbbell raises (4x15 reps)</li> </ul>	<b>Biceps</b> <ul style="list-style-type: none"> <li>• Ez-bar curls (5x12 reps)</li> <li>• Incline dumbbell isolated curls (4x10 reps)</li> <li>• Single arm dumbbell curls (4x10 reps)</li> <li>• Hammer curls (4x12 reps)</li> <li>• Standing rope hammer curls (7x15 reps)</li> </ul> <b>Triceps</b> <ul style="list-style-type: none"> <li>• Close grip bench press (4x8 reps)</li> <li>• Skull crushers (4x10 reps)</li> <li>• Straight bar triceps pushdowns (4x10 reps)</li> <li>• Triceps rope extensions (4x10 reps)</li> <li>• Single arm rope extensions (4x15 reps)</li> </ul>	<b>Work out the legs or back</b> (optional)	<b>Rest</b>

NOTE: \*Every gym session, which lasts two hours, ends with a 20-minute high-intensity interval training.

Source: JONATHAN ONG ST GRAPHICS