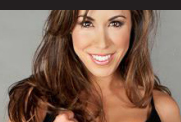


An **Angela Leong** Routine

*5 day
a week
routine



WORKOUTS

Monday

Day 1 – Monday – LEGS

3 sets x 15 reps leg extensions superset 3 x 20 shoulder width leg press
3 x 15 narrow stance squats superset 3 x 10 each leg walking lunges

Tuesday

Day 2 – Shoulders/Triceps

| | |
|---|--------------------------------|
| 3 x 10 shoulder press superset | 3 x 8 each arm lateral raise |
| 3 x 10 wide grip barbell raise over your head | 3 x 15 rope pushdowns superset |
| 3 x 10 rear lateral raise | 3 x 10 dumbbell nose crushers |
| 3 x 8 arnold press superset | 3 x 15 dumbbell kick backs |

Wednesday

Day 3 – Wednesday – Back/Biceps

| | |
|-------------------------------------|--------------------------------------|
| 6 x 8 wide grip pull downs superset | 3 x 15 supermans |
| 6 x 8 close grip seated cable row | 3 x 8 preacher curls superset |
| 3 x 12 barbell row superset | 3 x 12 seated dumbbell curl superset |
| 3 x 12 one arm pull down | 3 x 15 incline db curls |
| 3 x 15 hyperextensions superset | |

Thursday

Day 4 – Thursday – LEGS

3 x 15 leg curls superset 3 x 12 weighted step up on bench
3 x 12 seated leg curls superset 3 x 12 stiff legs

Friday

Day 5 – Friday – Chest/Shoulder/Butt

| | |
|-----------------------------------|-------------------------------------|
| 3 x 12 pullovers superset | 3 x 12 each leg walking pump lunges |
| 3 x 12 incline cheer press | 3 x 15 cable squats |
| 8 x 8 side lateral raise | 3 x 20 hyperextensions superset |
| 3 x 15 one leg leg press superset | 3 x 15 butt machine |

Saturday

Day 6 (REST)

Sunday

Day 7 (REST)