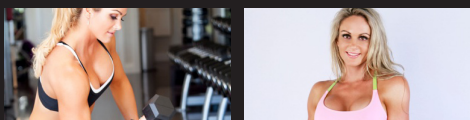


A Raechelle Chase Routine

*6 day
a week
routine



WORKOUTS

• (I always do 4 sets of 10-12 reps for every exercise)

Monday

Monday – Quads

- Hack Squats or Squats : 4 sets of 10-12 reps
 - Leg Press: 4 sets of 10-12 reps
 - Leg Extensions: 4 sets of 10-12 reps
 - Lunges: 4 sets of 10-12 reps

Tuesday

Tuesday – Shoulders

- D/Bell Shoulder Press: 4 sets of 10-12 reps
 - Lateral Raises: 4 sets of 10-12 reps
 - Rear Delts: 4 sets of 10-12 reps
 - Upright Rows: 4 sets of 10-12 reps

Wednesday

Wednesday – Chest

- D/Bell Chest Press: 4 sets of 10-12 reps
 - D/Bell Fly's: 4 sets of 10-12 reps
- Machine Chest Press: 4 sets of 10-12 reps

Thursday

Thursday – Back

- Chin Ups: 4 sets of 10-12 reps
- Seated Row: 4 sets of 10-12 reps
- Straight Arm Pulldowns: 4 sets of 10-12 reps
- Bent Over Rows (I love this one): 4 sets of 10-12 reps

Friday

Friday – Hamstrings

- Lying Leg Curls: 4 sets of 10-12 reps
- Seated Leg Curls: 4 sets of 10-12 reps
- Stiff Legged Deadlifts: 4 sets of 10-12 reps
 - Lunges: 4 sets of 10-12 reps

Saturday

Day 6 (REST)

Sunday

Sunday – Biceps/Triceps

- Barbell Curl: 4 sets of 10-12 reps
- Machine Curls: 4 sets of 10-12 reps
- D/Bell Curls: 4 sets of 10-12 reps
- Preacher Curls: 4 sets of 10-12 reps
- Skull Crushers: 4 sets of 10-12 reps
- Tricep Push-downs: 4 sets of 10-12 reps
- Overhead Extensions: 4 sets of 10-12 reps
- Dips or Kickbacks: 4 sets of 10-12 reps