

# Jennifer Tinney's Routine

**\*5 day  
a week  
routine**

## WORKOUTS

### MON - Legs/Abs

- **A.M.**
- Cardio
- **P.M.**
- Squats: 4sets, 10 reps
- Leg Press: 3sets, 10 reps
- Straight Leg Dead lifts: 3sets, 10reps
- Seated calf raises: 3 sets, 12reps
- Stranding calf raises: 3 sets, 12reps
- Leg Lifts: 3 sets, 14reps
- Crunch machine: 3 sets, 14 reps
- Cable twists: 3 sets, 14 reps

### Tue - Back/Bi's

- Pull-ups: 3 sets to failure
- Lat Pull downs: 3 sets, 8-10 reps
- Cable Rows: 3 sets, 8-10 reps
- Hyper extensions: 3 sets, 12 reps
- Barbell Curls: 3 sets, 8-10 reps
- Hammer Curls: 3 sets, 8-10 reps
- Preacher Curls: 3 sets, 8-10 reps

### Wed - Shoulders/Tri's

- 100 push ups,
- 4 sets/10 reps standing dumbbell presses,
- 4 sets/10reps lateral dumbbell raises,
- 4 sets/10 reps bent down dumbbell lateral raises,
- 100 crunches,
- 50 crossovers,
- 50 high intensity crunches,
- 2 minute flutter kicks (3 sets),
- 60 second crunch holds (3 times),
- Continuous 15 crunches- 15 side crunches (both sides),
- 15 leg raises - 3 sets,
- Handstands till failure,
- 15 minutes HIIT cardio,

### Thur - Legs/Abs

- **A.M.**
- Cardio
- **P.M.**
- Arnold Press: 3 sets, 12 reps
- Lateral Raises: 3 sets, 12 reps
- Upright Rows: 3 sets, 12 reps
- Standing Dumbbell Bent-Over Rear Delt Raise: 3 sets, 12 reps
- Cable Straight bar pushdowns: 3 sets, 10 reps
- Close grip bench: 3 sets, 10 reps
- Skull Crushers: 3 sets, 10 reps
- Cable Rope Pushdowns, 14 reps

### Fri - Cardio

Day 6 (REST)

Day 7 (REST)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

