

A Vanessa Tib Routine



CUTANDJACKED.com
ALL THE INFO & MOTIVATION YOU NEED TO ACHIEVE YOUR IDEAL PHYSIQUE AND GET CUTANDJACKED

WORKOUTS

*4 day
a week
routine

DAY 1

Day 1: Chest/Triceps

Flat Bench Barbell Press 4 sets x 10 reps
Incline Bench Barbell Press 4 x 10
Flat Bench Dumbbell Press 3 x 10
Cable Crossover 3 x 10
Parallel Bar Dips 3 x 10

Close Grip Barbell Bench Press 4 x 10
Lying Close Grip Barbell Triceps Extension Behind The Head 4 x 10
Triceps Pushdowns 4 x 10
Cable Rope Overhead Triceps Extension 3 x 10

DAY 2

Day 2: Legs

Warm up for 10 mins on the spinning bike steady pace Leg Extensions 4 x 10
Barbell Squats 4 x 10
Hack Squats 4 x 10
Lying Leg Press 4 x 10
Smith Machine Lunges 3 x 12

Lying Leg Curls 4 x 10
Seated Leg Curls 4 x 10
Calve Press On The Leg Press Machine 4 x 20
Standing Calf Raises 4 x 20
Seated Calf Raises 4 x 15

DAY 3

Day 3: Back/Biceps

Warm up Pull-ups 2 x 15
Wide Grip Lat Pulldowns 4 x 12
Underhand Cable Pulldowns 3 x 10
Bent Over Barbell Rows 3 x 12
Seated Cable Rows 3 x 12
One Arm Dumbbell Rows 3 x 12

Hyperextension (Back Extensions) 3 x 10
Barbell Curls 4x12
Close-Grip EZ Bar Curls 4x12
Dumbbell Alternate Hammer Curls 4x12
Preacher Curls 4x12
Overhead Cable Curls 4x12

DAY 4

Day 4: Shoulders/Abs

Standing Barbell Shoulder Press 4 x 10
Arnold Dumbbell Press 4 x 10
Upright Barbell Row 3 x 12
Front Dumbbell Raises 3 x 12
Standing Dumbbell Lateral Raises 3 x 12
Bent Over low Pulley Side Lateral Raises 3 x 12
Seated Bent-Over Rear Delt Raises 3 x 12
Dumbbell Shrugs 3 x 10

Declined Crunch 3 x 15
Declined Oblique Crunch 3 x 15 on each side
Declined Reversed Crunch Using a weighted medicine ball 4 x 15
Abs Weighted Crunch Machine 3 x 15
Standing Barbell Twist 3 x 20
Hanging Leg Raises 3 x 15

I like training complementary muscles together, and following a split muscle group training routine. My work schedule changes constantly, so I don't always follow a specific training day for each muscle group. The same applies to my rest days, I take them as they come. My main goal right now is to add a bit more mass, so I limit my cardio to about 15-20 mins, 3x a week, and I leave it for the end of my workouts. I also briefly train abs after each workout. But, I perform a full abs training routine the day I train Shoulders.