

# An Angie Gist Routine



## WORKOUTS

\*6 day  
a week  
routine



MONDAY

### Monday (Back/Bis/abs)

- Lat pull down w/ bar (4 sets at 12-15 reps)
- Lat pull down w/ V-bars (3 sets 12-15 reps)
- Single arm rows (3 sets 12 reps)
- Bent over rows with bar (4 sets) (12 reps for three sets, 4th set drop set three times)
- Standing DB curls (4 sets 12 reps)
- Bar curls with wide grip (4 sets 12 reps)
- Isolated curls w/ the cables (3 sets 12 reps)
- DB Hammer curls (4 sets) (3 sets 12 reps, 4th set drop set three times)
- Ab circuit (Go through 3 to 4 times)
- Hanging leg machine straight leg raises 20 reps
- Hanging leg machine bent leg raises w/ 10LBS (15-20 reps)
- V-Ups (20-25 reps)
- Oblique twists with 15 LB DB with 2 sets

TUESDAY

### Tuesday (Glutes/Hams/Calves)

- Kick back machine (aka butt blaster machine) 3 sets for 12 reps, 4 set do 21s
- Glute bridge w/ 35 LB plate (4 sets 20 reps)
- Hip abductor (3 sets 15-20 reps, 4 set do 21s)
- Leg extension w/feet high on the platform and feet together (4 sets, 12-15 reps)
- Stiff leg dead lifts superset with ham raise machine w/ 15 LB plate (4 sets, 15 reps)
- Standing calf raises superset w/ seated calves (3 sets, 20 reps)

WEDNESDAY

### Wed (Shoulders/Tris/abs)

- Standing Barbell Shoulder press alternating in front and behind head (4 sets, 8 reps) \*behind and in front of head count as 1 rep
- DB Lateral raises (3 sets 12 reps, 4 set drop set three times)
- DB Front raises (3 sets, 12 reps, 4th set drop set three times)
- DB bent over single arm fly (4 sets, 12 reps)
- Unassisted Dip machine w/ 10 Lbs DB (4 sets, 15-20 reps)
- Cable pull downs with rope (3 sets, 12-15 reps, 4 set 21s)
- Standing over head Tri extensions with rope (4 sets, 12 reps)
- Raised leg crunches w/ 15 LB DB behind head (20 reps)
- Straight leg crunches w/ 15 LB DB (20 reps)
- Kickouts (20 reps)
- Side bridge for 1 min each side x2

THURSDAY

### Thursday (Quads)

- Giant set x4 with three exercises (No rest between exercise, 1 min rest between sets)
- Barbell squats (15 reps)
- Leg press machine (15 reps)
- DB alternating leg lunges
- Leg extension (3 sets 12 reps, 4th set drop set 3 times)

FRIDAY

### Friday (Back/Bis/abs)

- Unassisted pull-ups (5 sets to failure)
- Seated Row machine with V-bar superset with single arm rows with cable (4 sets, 12-15 reps)
- Lat pull downs (3 sets, 12-15 reps)
- Seated DB curls superset with wide DB curls (4 sets, 12 reps)
- DB concentration curls (4 sets, 12 reps)
- Plank 1 min
- Side bride (right side) 1 min
- Plank 1 min
- Side Bride (left side) 1 min
- Plank 1 min

SATURDAY

### Saturday (Glutes,Hams,Calves)

- Dead lifts (4 sets, 12 reps)
- Butt blaster machine (3 sets 12 reps, 4th set 21s)
- DB Sumo squats (4 sets, 20 reps)
- Lying leg curls (3 sets 12 reps, 4th set 21s)
- Seated leg curls (4 sets, 12 reps)
- Donkey calf raises (20 reps) superset with body resistant calf raises (20-30 reps) 4 sets

SUNDAY

Sunday (Day off or 30-40 min cardio)

