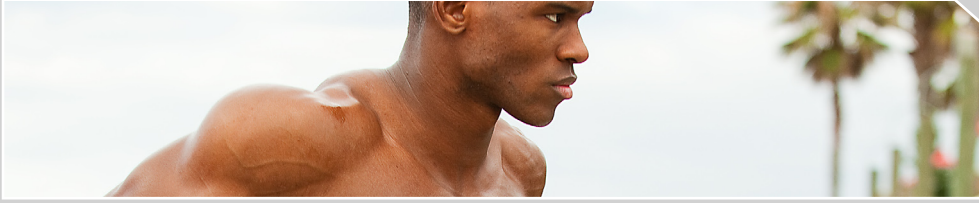


A Frank Jones Routine

WORKOUTS

***5 day
a week
routine**



Monday

Chest, Triceps, cardio

Incline chest – 5, 5, 10, 10, 15
Flat bench dumbbell press – 5, 5, 10, 10, 15
Decline Press – 5, 5, 10, 10, 15
Cable fly's – 10, 10, 15
Close-grip bench – 5, 5, 10, 15, 15
Scull crushers – 10, 10, 15, 15

Dumbbell kickbacks – 10, 10, 15, 15
Cable Pull-downs – 10, 10, 15
Cardio: 20 min HIIT training (stairs 10 mins, treadmill 10 mins)

Tuesday

Legs and Abs

Squat – 5, 5, 5, 10, 15, 15
Leg Press – 5, 5, 10, 10, 15
Walking lunges – 10, 10, 15, 15 (reps per leg)
Leg extensions – 15, 15, 15
Lying leg curl – 15, 15

Hanging Leg Raises – 3 sets to failure
Weighted crunch – 3 sets of 10-15
Medicine ball twist – 3 sets of 20
Seated calf raises – 12, 12
Standing calf raise – 15, 15

Wednesday

Shoulders, Calves and Cardio

Upright Rows – 5, 5, 10, 12, 15, 15
Machine Over-head press – 5, 5, 10, 15
Front raises – 10, 10, 15
Bent-over lateral raise – 10, 10, 15

Seated calf raises – 12, 12
Standing calf raise – 15, 15

Cardio: 3mile run

Thursday

Back, Biceps, Abs, Forearms

Bent-Over Row – 5, 5, 10, 10, 15
Lat Pull-down – 5, 5, 10, 15
Seated Row – 5, 5, 10, 10, 15
One arm dumbbell row – 3 sets of 8-10

Shrugs – 3 sets of 8-10

Standing bar curl – 5, 5, 10, 10
Hammer curl – 5, 5, 10, 10
One Arm Preacher Curl (machine) – 3 sets of 8-10

Friday

Full-body Circuit and Cardio

Full-body Circuit and Cardio

Saturday

DAY OFF

Saturday & Sunday are rest days (Often times I find an activity to do for cardio one of the two days)

Sunday

DAY OFF