

A Jennifer Cullen Routine

WORKOUTS

***6 day
a week
routine**



MONDAY

Legs-one of my favorite things to work on

Squats with a 45-pound barbell and heels elevated on 12 lb. dumbbells	5 sets of 15	Leg press	5 sets of 15
Lunges with barbell	5 sets of 10	Single-leg press	5 sets of 20
Leg extensions	3 sets of 15	Seated calf machine	5 sets of 20
Leg curls	3 sets of 10		

TUESDAY

Shoulders, Back

Dumbbell front raise	3 sets of 10	Seated rows	3 sets of 10
Reverse grip barbell front press	3 sets of 15	Lat pulldown	3 sets of 15
One arm laterals	3 sets of 15	Bent over pull downs	3 sets of 10
Upright rows	3 sets of 10		

WEDNESDAY

Arms

Pushdowns	5 sets of 15	Supinated preacher curls	3 sets of 10
Reverse grip pushdowns	5 sets of 15	20 min abs.	
Sissy bar preacher curls superset	3 sets of 15		

THURDAY

Chest

Dumbbell bench press	3 sets of 15	Incline machine press	3 sets of 15
Heavy pullovers	3 sets of 10	15-20 min treadmill at 14-18% incline	

FRIDAY

Legs

Same as Monday

SATURDAY

DAY OFF

SUNDAY

Cardio