

8-week strength-building full body workout

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Week 1 & 2

WORKOUT A

Exercise	Sets	Reps
Deadlift	3	8
Bench press	3	8
Lat pulldown	2	8
Leg extension machine	3	8
Shoulder dumbbell press	3	8
Dumbbell curl	2	8
Dips	3	8
Plank	2	60 sec

WORKOUT B

Exercise	Sets	Reps
Leg press	3	8
Wide pull up	3	8
Standing calf raises	2	8
Dumbbell press	3	8
Shoulder dumbbell fly	3	8
Preacher curl	3	8
Bar cable pushdown	3	8
Side plank	2	60 sec

WORKOUT C

Exercise	Sets	Reps
Decline bench press	3	8
Barbell squat	3	8
Machine fly	2	8
Bar row	3	8
Shoulder dumbbell front raise	3	8
Dumbbell hammer curl	3	8
Overhead dumbbell extension	2	8
Bicycle kicks	1	20

Week 3 & 4

WORKOUT A		
Exercise	Sets	Reps
Deadlift	4	6
Bench press	3	6
Lat pulldown	2	6
Leg extension machine	3	6
Shoulder dumbbell press	3	6
Dumbbell curl	2	6
Dips	3	6
Plank	2	60 sec

WORKOUT B		
Exercise	Sets	Reps
Leg press	4	6
Wide pull up	3	6
Standing calf raises	2	6
Dumbbell press	3	6
Shoulder dumbbell fly	3	6
Preacher curl	3	6
Bar cable pushdown	3	6
Side plank	2	60 sec

WORKOUT C		
Exercise	Sets	Reps
Decline bench press	4	6
Barbell squat	3	6
Machine fly	2	6
Bar row	3	6
Shoulder dumbbell front raise	3	6
Dumbbell hammer curl	3	6
Overhead dumbbell extension	2	6
Bicycle kicks	1	20

Week 5 & 6

WORKOUT A		
Exercise	Sets	Reps
Deadlift	3	4
Bench press	3	4
Lat pulldown	2	4
Leg extension machine	2	4
Shoulder dumbbell press	2	4
Dumbbell curl	2	4
Dips	2	8
Plank	2	60 sec

WORKOUT B		
Exercise	Sets	Reps
Leg press	3	4
Wide pull up	3	4
Standing calf raises	2	4
Dumbbell press	2	4
Shoulder dumbbell fly	2	4
Preacher curl	2	4
Bar cable pushdown	2	4
Side plank	2	60 sec

WORKOUT C		
Exercise	Sets	Reps
Decline bench press	3	4
Barbell squat	3	4
Machine fly	2	4
Bar row	2	4
Shoulder dumbbell front raise	2	4
Dumbbell hammer curl	2	4
Overhead dumbbell extension	2	4
Bicycle kicks	1	20

Week 7 & 8

WORKOUT A		
Exercise	Sets	Reps
Deadlift	4	1 - 2
Bench press	4	1 - 2
Lat pulldown	3	1 - 2
Leg extension machine	3	1 - 2
Shoulder dumbbell press	3	1 - 2
Dumbbell curl	3	1 - 2
Dips	2	8
Plank	2	60 sec

WORKOUT B		
Exercise	Sets	Reps
Leg press	4	1 - 2
Wide pull up	4	1 - 2
Standing calf raises	3	1 - 2
Dumbbell press	3	1 - 2
Shoulder dumbbell fly	3	1 - 2
Preacher curl	3	1 - 2
Bar cable pushdown	3	1 - 2
Side plank	2	60 sec

WORKOUT C		
Exercise	Sets	Reps
Decline bench press	4	1 - 2
Barbell squat	4	1 - 2
Machine fly	3	1 - 2
Bar row	3	1 - 2
Shoulder dumbbell front raise	3	1 - 2
Dumbbell hammer curl	3	1 - 2
Overhead dumbbell extension	3	1 - 2
Bicycle kicks	1	20