

## Workout Week 5 Workout Number 1 and 3

Building a Better Body the All-Natural Way.

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### Exercises

1. Flat Bench Press	3 Sets	6-8 reps
2. Rear delt machine	3 Sets	6-8 reps
3. Incline Db press	3 sets	6-8 reps
4. One arm cable side lateral	3 sets	6-8 reps
5. Dips or decline flyes	3 sets	8-12
6. Pull downs to the front	3 sets	6-8 reps
7. Alternate Db raise	3 sets	6-8 reps
8. Bent over rows	3 sets	6-8 reps
9. Wide grip upright rows	3 sets	6-8 reps
10. Behind the neck pulldowns	3 sets	6-8 reps
11. Seated calf raises	3 sets	15-20 reps
12. Hyperextensions	3 sets	15-20 reps
13. Crunches	3 sets	15-25 reps
14. Reverse Crunches	3 sets	15-25 reps
15. Twisting crunches on Ball	3 sets	10-25 reps

In this routine you will be working out 3 sets per exercise (excluding abs). However we will be performing more exercise per workout. We also split the body in half and work it out over two days just like the last month.

Note this weeks workouts have you performing a rep range of 6-8, which is on the low side. Again if it feels to light or heavy adjust the weight to enable you to reach the desired repetition count.

Again I perform my workouts in a slow superset style, which means I take about a 30 second to 45 second rest between the first two exercises. I go back and forth between the two exercises until the desired number of sets are reached and then move on to the next two exercises.

This workout you will perform on workout day number 1 and workout day number 3. That means you will perform this workout twice during this week

After that you will have 2 full rest days to recover and then we repeat the cycle next week. However next week you will be adding another set to each exercise and the rep ranges will change slightly for the ultra advanced training.

This routine allows your body to learn new exercises while we reduce the volume significantly from last week. This gives us the slingshot effect. Take the time to pay attention to how you feel with the different rep ranges and training volume.

Again the last reps of each set should be difficult but not taken to failure. The volume of training will take care of the results as well as the variance in exercises, rep ranges, and intensity. Enjoy!

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