



BACK AT IT

BEGINNER'S GUIDE
w/ PJ BRAUN



“
**The time for rest
is finally over,
let's get back in
shape in just 30
days!**

This ebook is designed for beginners who are just getting back into the gym after a long break. This plan covers 4 weeks of training with unique protocols and instructions for each week as your body adjusts along the way.

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NOTE: Increase weights, lower reps to 10

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4x10

DB SIDE LATERAL RAISES
3x10

CABLE LATERAL RAISES
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SWISS BALL CRUNCHES
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STANDARD CRUNCHES
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DAY 4

TRICEP CABLE PUSH DOWNS
4x10

MACHINE DIPS
(or bench)
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4x10

ABOUT PJ Braun

PJ Braun is world renowned bodybuilder and fitness personality who has appeared in numerous magazines, radio shows, and television shows. He was known for his nutritional consulting and coaching before becoming President and CEO of Blackstone Labs.

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IMPORTANT NOTES

As you venture back into the gym and put your body under stress, there are a few important notes you should quickly read.

- Be conservative, do not push to failure. You can schedule your workout days according to your needs, as long as the workouts are completed within a 7-day period.
- Proper nutrition, hydration, and supplementation are necessary. Please take Amino Acids and Protein while on this plan.
- WOMEN: Weeks 1-2, women with breast implants should omit the chest exercises and add in a Dumbbell Shoulder Press for a total of 4 sets with 15 reps.
- WOMEN: Weeks 2-4, women with implants under the muscle should omit the chest day and do the leg day again.

Week 1

Week 1

NOTE: Women with breast implants under the muscle should omit the chest exercises and add in a Dumbbell Shoulder Press for a total of 4 sets with 15 reps

Day 1

Chest, Shoulders, and Triceps



Week 1 – Day 1

Incline DB Chest Press

4 sets, up to 15 reps

Grasp both dumbbells with each hand, then press the dumbbells to lockout while flexing the pecs and extending the elbows. Keep the elbows straight and press directly forward from your body.

NOTE: Women with breast implants under the muscle should omit the chest exercises and add in a Dumbbell Shoulder Press for a total of 4 sets with 15 reps.



Week 1 – Day 1

Machine Fly (Pec Deck)

4 sets, up to 15 reps

Stretch out your arms and chest by bringing the arms back as far as possible. Bring your elbows and hands together directly in front of you, squeezing at the apex. Slowly retract to starting position.

NOTE: Women with breast implants under the muscle should omit the chest exercises and add in a Dumbbell Shoulder Press for a total of 4 sets with 15 reps.



Week 1 – Day 1

DB Side Lateral Raises

Standing or Seated

4 sets, up to 15 reps

Stand or sit with a dumbbell in each hand at your sides. Keep your back straight, brace your core, and then slowly lift the weights out to the side until your arms are parallel with the floor, with the elbow slightly bent.



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Week 1 – Day 1

Tricep Cable Push Downs

4 sets, up to 15 reps

Grip the rope and keep your body as straight as possible. Keeping your elbows locked in place at your side, extend your arms downward and pull the rope towards your pelvis. Squeeze your tricep while pressing down and slowly retract to your beginning position.

Week 1

Day 2

Back and Biceps



Week 1 – Day 2

Lat Pulldowns

4 sets, up to 15 reps

Grab the handles just beyond shoulder width apart, while seated with chest forward and shoulders back. Retract your shoulder blades and pull the bar towards your chest, keeping a wide grip. Squeeze your lats at the bottom of the move.



Week 1 – Day 2

Seated Pulley Rows

4 sets, up to 15 reps

Use a narrow grip handle and sit up right. Bend forward slightly at first, then pull the handle towards your abdomen while pushing your chest out. It is important to contract your shoulder blades and squeeze your back as you pull the weight.



Week 1 – Day 2

Alternating DB Curls

4 sets, up to 15 reps

Grip each dumbbell by its handle. Keep your palms facing outward, elbows at your hips, and lift your hands up towards your shoulders. Alternate each rep between your left and right arm, so you are only lifting one weight at a time.

Week 1

Day 3
**Legs
and
Core**



Week 1 – Day 3

Leg Extensions

4 sets, up to 15 reps

Hook your feet under the padded bar, grab the handles on the sides of the seat, while keeping your body upright and firmly seated. Your upper body and butt should not move at all during this exercise. Extend your legs forward until your quads are fully working and squeeze.



Week 1 – Day 3

Leg Press

4 sets, up to 15 reps

Grab the handles on the sides of the seat, while keeping your body flat and firmly seated. Keep your feet shoulder width and lower the weight so your shins and thighs form a 90° angle. Extend back to starting position, but do not lock your knees.



Week 1 – Day 3

Lying Hamstring Curls

4 sets, up to 15 reps

Grab the handles on the sides of the seat, while keeping your body flat. Hook your lower leg under the padded bar. Contract and squeeze your hamstrings as you lift the weight towards your butt, then slowly return to starting position.



Week 1 – Day 3

Swiss Ball Crunches

3 sets, up to 15 reps

Sit on a swiss ball and walk yourself down towards the bottom of the ball. Let your spine curve as far back along the ball while keeping your feet planted firmly on the ground. Do not rock on the ball. Keep your hands across your chest, exhale sharply, and contract your core as you sit up.



Week 1 – Day 3

Seated Crunches (or Standard)

3 sets, up to 15 reps

SEATED: Seat yourself on the edge of a bench. Brace your hands on the bench and lean back slightly while extending your legs down and away. Slowly raise your legs towards chest, bending at the knee while slightly leaning your upper body forward.

STANDARD: Bend your legs and place feet firmly on the ground to stabilize your lower body. Cross your hands to opposite shoulders or place them behind your ears, without pulling on your neck. Curl your upper body all the way up toward your knees. Exhale as you lift. Slowly, lower yourself down, returning to your starting point.



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Week 2

Week 2

NOTE: Week 1 and 2 follow the same protocol

NOTE: Women with breast implants under the muscle should omit the chest exercises and add in a Dumbbell Shoulder Press for a total of 4 sets with 15 reps

Day 1

Chest, Shoulders, and Triceps



Week 2 – Day 1

Incline DB Chest Press

4 sets, up to 15 reps

Grasp both dumbbells with each hand, then press the dumbbells to lockout while flexing the pecs and extending the elbows. Keep the elbows straight and press directly forward from your body.

NOTE: Women with breast implants under the muscle should omit the chest exercises and add in a Dumbbell Shoulder Press for a total of 4 sets with 15 reps.



Week 2 – Day 1

Machine Fly (Pec Deck)

4 sets, up to 15 reps

Stretch out your arms and chest as far as possible by bringing the arms back as far as possible. Bring your elbows and hands together directly in front of you, squeezing at the apex. Slowly retract to starting position.

NOTE: Women with breast implants under the muscle should omit the chest exercises and add in a Dumbbell Shoulder Press for a total of 4 sets with 15 reps.



Week 2 – Day 1

DB Side Lateral Raises

Standing or Seated

4 sets, up to 15 reps

Stand or sit with a dumbbell in each hand at your sides. Keep your back straight, brace your core, and then slowly lift the weights out to the side until your arms are parallel with the floor, with the elbow slightly bent.



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Week 2 – Day 1

Tricep Cable Push Downs

4 sets, up to 15 reps

Grip the rope and keep your body as straight as possible. Keeping your elbows locked in place at your side, extend your arms downward and pull the rope towards your pelvis. Squeeze your tricep while pressing down and slowly retract to your beginning position.

Week 2

Day 2

Back and Biceps



Week 2 – Day 2

Lat Pulldowns

4 sets, up to 15 reps

Grab the handles just beyond shoulder width apart, while seated with chest forward and shoulders back. Retract your shoulder blades and pull the bar towards your chest, keeping a wide grip. Squeeze your lats at the bottom of the move.



Week 2 – Day 2

Seated Pulley Rows

4 sets, up to 15 reps

Use a narrow grip handle and sit up right. Bend forward slightly at first, then pull the handle towards your abdomen while pushing your chest out. It is important to contract your shoulder blades and squeeze your back as you pull the weight.



Week 2 – Day 2

Alternating DB Curls

4 sets, up to 15 reps

Grip each dumbbell by its handle. Keep your palms facing outward, elbows at your hips, and lift your hands up towards your shoulders. Alternate each rep between your left and right arm, so you are only lifting one weight at a time.

Week 2

Day 3
**Legs
and
Core**



Week 2 – Day 3

Leg Extensions

4 sets, up to 15 reps

Hook your feet under the padded bar, grab the handles on the sides of the seat, while keeping your body upright and firmly seated. Your upper body and butt should not move at all during this exercise. Extend your legs forward until your quads are fully working and squeeze.



Week 2 – Day 3

Leg Press

4 sets, up to 15 reps

Grab the handles on the sides of the seat, while keeping your body flat and firmly seated. Keep your feet shoulder width and lower the weight so your shins and thighs form a 90° angle. Extend back to starting position, but do not lock your knees.



Week 2 – Day 3

Lying Hamstring Curls

4 sets, up to 15 reps

Grab the handles on the sides of the seat, while keeping your body flat. Hook your lower leg under the padded bar. Contract and squeeze your hamstrings as you lift the weight towards your butt, then slowly return to starting position.



Week 2 – Day 3

Swiss Ball Crunches

3 sets, up to 15 reps

Sit on a swiss ball and walk yourself down towards the bottom of the ball. Let your spine curve as far back along the ball while keeping your feet planted firmly on the ground. Do not rock on the ball. Keep your hands across your chest, exhale sharply, and contract your core as you sit up.



Week 2 – Day 3

Seated Crunches (or Standard)

3 sets, up to 15 reps

SEATED: Seat yourself on the edge of a bench. Brace your hands on the bench and lean back slightly while extending your legs down and away. Slowly raise your legs towards chest, bending at the knee while slightly leaning your upper body forward.

STANDARD: Bend your legs and place feet firmly on the ground to stabilize your lower body. Cross your hands to opposite shoulders or place them behind your ears, without pulling on your neck. Curl your upper body all the way up toward your knees. Exhale as you lift. Slowly, lower yourself down, returning to your starting point.

ISOLATION

OATMEAL PROTEIN WAFFLES

5 mins	1 min	2
Prep Time	Cook Time	Waffles

INGREDIENTS:

- 1 scoop Isolation
- 4 eggs
- 1½ tsp baking powder
- 1 cup quick oats
- ½ cup almond milk

INSTRUCTIONS:

1. Put all ingredients in a blender.
2. Blend well until you have a good batter texture.
3. Adjust almond milk if needed.
4. Pour batter into waffle iron and remove in about 1 minute.

Week 3

Week 3

NOTE: Increase weight and lower reps to a max of 10 this week.

NOTE: Women with breast implants under the muscle should omit chest days and replace with leg day protocols.

Day 1 Chest, Core, and Medial Delts



Week 3 – Day 1

Incline DB Chest Press

4 sets, up to 15 reps

Grasp both dumbbells with each hand, then press the dumbbells to lockout while flexing the pecs and extending the elbows. Keep the elbows straight and press directly forward from your body.

NOTE: Women with breast implants under the muscle should omit chest days and replace with leg day protocols.



*Hammer Strength machine example pictured above

Week 3 – Day 1

Machine Press

(Hammer Strength, Cybex or any pin-loaded machine.)

4 sets, up to 15 reps

Grasp the bar with a wider-than-shoulder stance with your elbows at a 45° angle. Lower the bar to an inch above your chest then return to starting position.

NOTE: Women with breast implants under the muscle should omit chest days and replace with leg day protocols.



Week 3 – Day 1

Incline DB Flyes

4 sets, up to 15 reps

Sit on an inclined bench with a dumbbell in each hand. Lie with your head and shoulders supported by the bench and your feet flat on the floor. Hold the dumbbells directly above your chest, palms facing each other, then lower the weights in an arc out to the sides as far as is comfortable. Use your pectoral muscles to reverse the movement back to the start.

NOTE: Women with breast implants under the muscle should omit chest days and replace with leg day protocols.



Week 3 – Day 1

DB Side Lateral Raises

Standing or Seated

4 sets, up to 15 reps

Stand or sit with a dumbbell in each hand at your sides. Keep your back straight, brace your core, and then slowly lift the weights out to the side until your arms are parallel with the floor, with the elbow slightly bent.



Week 3 – Day 1

Cable Lateral Raises

(or cable machine raises)

3 sets, up to 15 reps

Grip the handle and place your hand across your waist on your hip. Stand upright with chest out and shoulders back. Raise the cable all the way out to your side until your hand is parallel to the shoulder, then slowly return to starting position. Alternate arms, 3 sets per arm.



Week 1 – Day 3

Swiss Ball Crunches

3 sets, up to 15 reps

Sit on a swiss ball and walk yourself down towards the bottom of the ball. Let your spine curve as far back along the ball while keeping your feet planted firmly on the ground. Do not rock on the ball. Keep your hands across your chest, exhale sharply, and contract your core as you sit up.



Week 1 – Day 3

Seated Crunches (or Standard)

3 sets, up to 15 reps

SEATED: Seat yourself on the edge of a bench. Brace your hands on the bench and lean back slightly while extending your legs down and away. Slowly raise your legs towards chest, bending at the knee while slightly leaning your upper body forward.

STANDARD: Bend your legs and place feet firmly on the ground to stabilize your lower body. Cross your hands to opposite shoulders or place them behind your ears, without pulling on your neck. Curl your upper body all the way up toward your knees. Exhale as you lift. Slowly, lower yourself down, returning to your starting point.

Week 3

NOTE: Increase weight and lower reps to a max of 10 this week.

Day 2

Back and Posterior Delts



Week 3 – Day 2

Lat Pulldowns

4 sets, up to 15 reps

Grab the handles just beyond shoulder width apart, while seated with chest forward and shoulders back. Retract your shoulder blades and pull the bar towards your chest, keeping a wide grip. Squeeze your lats at the bottom of the move.



Week 3 – Day 2

DB Rows

4 sets, up to 15 reps

Hold a dumbbell in your hand hanging straight down towards the floor, and brace yourself against a bench (pictured above) or bend over with one knee on a flat bench while keeping your head and chest up. Pull your elbow back and bring the dumbbell up to your waist, squeezing your back, and then slowly return to starting position.



Week 3 – Day 2

Seated Pulley Rows

4 sets, up to 15 reps

Use a narrow grip handle and sit up right. Bend forward slightly at first, then pull the handle towards your abdomen while pushing your chest out. It is important to contract your shoulder blades and squeeze your back as you pull the weight.



Week 3 – Day 2

Bent Over DB Laterals

3 sets, up to 15 reps

Grip the handle and place your hand across your waist on your hip. Stand upright with chest out and shoulders back. Raise the cable all the way out to your side until your hand is parallel to the shoulder, then slowly return to starting position. Alternate arms, 3 sets per arm.



Week 3 – Day 2

Reverse Pec Deck

3 sets, up to 15 reps

Sit on the pec deck fly machine with your stomach and chest against the pad.
Grasp the pec deck handles ensuring your upper arms are parallel to the floor.
Push the handles back together through your elbows as you contract your back
and squeeze your shoulder blades together.

Week 3

NOTE: Increase weight and lower reps to a max of 10 this week.

Day 3

Legs and Core



Week 3 – Day 3

Squats

4 sets, up to 15 reps

Keep your torso upright, and descend while pushing your butt backward and keeping your knees forward, at least until your knees are bent at a 90-degree angle. Exhale as you push your body back up to the starting position, driving through your heels and keeping your torso upright.



Week 3 – Day 3

Leg Press

4 sets, up to 15 reps

Grab the handles on the sides of the seat, while keeping your body flat and firmly seated. Keep your feet shoulder width and lower the weight so your shins and thighs form a 90° angle. Extend back to starting position, but do not lock your knees.



Week 3 – Day 3

Leg Extensions

4 sets, up to 15 reps

Hook your feet under the padded bar, grab the handles on the sides of the seat, while keeping your body upright and firmly seated. Your upper body and butt should not move at all during this exercise. Extend your legs forward until your quads are fully working and squeeze.



Week 3 – Day 3

Lying Hamstring Curls

4 sets, up to 15 reps

Grab the handles on the sides of the seat, while keeping your body flat. Hook your lower leg under the padded bar. Contract and squeeze your hamstrings as you lift the weight towards your butt, then slowly return to starting position.



Week 3 – Day 3

Swiss Ball Crunches

3 sets, up to 15 reps

Sit on a swiss ball and walk yourself down towards the bottom of the ball. Let your spine curve as far back along the ball while keeping your feet planted firmly on the ground. Do not rock on the ball. Keep your hands across your chest, exhale sharply, and contract your core as you sit up.



Week 3– Day 3

Seated Crunches (or Standard)

3 sets, up to 15 reps

SEATED: Seat yourself on the edge of a bench. Brace your hands on the bench and lean back slightly while extending your legs down and away. Slowly raise your legs towards chest, bending at the knee while slightly leaning your upper body forward.

STANDARD: Bend your legs and place feet firmly on the ground to stabilize your lower body. Cross your hands to opposite shoulders or place them behind your ears, without pulling on your neck. Curl your upper body all the way up toward your knees. Exhale as you lift. Slowly, lower yourself down, returning to your starting point.

Week 3

NOTE: Increase weight and lower reps to a max of 10 this week.

Day 4

Arms



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Week 3 – Day 4

Tricep Cable Push Downs

4 sets, up to 15 reps

Grip the rope and keep your body as straight as possible. Keeping your elbows locked in place at your side, extend your arms downward and pull the rope towards your pelvis. Squeeze your tricep while pressing down and slowly retract to your beginning position.



Week 3 – Day 4

Machine or Bench Dips

4 sets, up to 15 reps

Grasp both handles with each hand, with your back firmly against the pad, chest out, and shoulders back. Make sure to keep elbows as close to your body as possible. Press down close to lockout, and then slowly return to starting position.



Week 3 – Day 4

Barbell Curls

4 sets, up to 15 reps

Using a straight bar, place your hands underneath at shoulder-width distance. Stand upright with chest forward and shoulders back. With the bar in front of your thighs, bend at the elbows and squeeze your biceps as you lift the bar to the top of your chest in an arcing motion.



Week 3 – Day 4

Alternating DB Curls

4 sets, up to 15 reps

Grip each dumbbell by its handle. Keep your palms facing outward, elbows at your hips, and lift your hands up towards your shoulders. Alternate each rep between your left and right arm, so you are only lifting one weight at a time.

Week 4

Week 4

NOTE: Increase weight and lower reps to a max of 10 this week.

NOTE: Women with breast implants under the muscle should omit chest days and replace with leg day protocols

Day 1 Chest, Core, and Medial Delts



Week 4 – Day 1

Incline DB Chest Press

4 sets, up to 10 reps

Grasp both dumbbells with each hand, then press the dumbbells to lockout while flexing the pecs and extending the elbows. Keep the elbows straight and press directly forward from your body.

NOTE: Women with breast implants under the muscle should omit chest days and replace with leg day protocols.



*Hammer Strength machine example pictured above

Week 3 – Day 1

Machine Press

(Hammer Strength, Cybex or any pin-loaded machine.)

4 sets, up to 15 reps

Grasp the bar with a wider-than-shoulder stance with your elbows at a 45° angle. Lower the bar to an inch above your chest then return to starting position.

NOTE: Women with breast implants under the muscle should omit chest days and replace with leg day protocols.



Week 4 – Day 1

Incline DB Flyes

4 sets, up to 10 reps

Sit on an inclined bench with a dumbbell in each hand. Lie with your head and shoulders supported by the bench and your feet flat on the floor. Hold the dumbbells directly above your chest, palms facing each other, then lower the weights in an arc out to the sides as far as is comfortable. Use your pectoral muscles to reverse the movement back to the start.

NOTE: Women with breast implants under the muscle should omit chest days and replace with leg day protocols.



Week 4 – Day 1

DB Side Lateral Raises

Standing or Seated

4 sets, up to 10 reps

Stand or sit with a dumbbell in each hand at your sides. Keep your back straight, brace your core, and then slowly lift the weights out to the side until your arms are parallel with the floor, with the elbow slightly bent.



Week 4 – Day 1

Cable Lateral Raises

(or cable machine raises)

3 sets, up to 10 reps

Grip the handle and place your hand across your waist on your hip. Stand upright with chest out and shoulders back. Raise the cable all the way out to your side until your hand is parallel to the shoulder, then slowly return to starting position. Alternate arms, 3 sets per arm.



Week 4 – Day 1

Swiss Ball Crunches

3 sets, up to 15 reps

Sit on a swiss ball and walk yourself down towards the bottom of the ball. Let your spine curve as far back along the ball while keeping your feet planted firmly on the ground. Do not rock on the ball. Keep your hands across your chest, exhale sharply, and contract your core as you sit up.



Week 4 – Day 1

Seated Crunches (or Standard)

3 sets, up to 15 reps

SEATED: Seat yourself on the edge of a bench. Brace your hands on the bench and lean back slightly while extending your legs down and away. Slowly raise your legs towards chest, bending at the knee while slightly leaning your upper body forward.

STANDARD: Bend your legs and place feet firmly on the ground to stabilize your lower body. Cross your hands to opposite shoulders or place them behind your ears, without pulling on your neck. Curl your upper body all the way up toward your knees. Exhale as you lift. Slowly, lower yourself down, returning to your starting point.

Week 4

NOTE: Increase weight and lower reps to a max of 10 this week.

Day 2

Back and Posterior Delts



Week 4 – Day 2

Lat Pulldowns

4 sets, up to 10 reps

Grab the handles just beyond shoulder width apart, while seated with chest forward and shoulders back. Retract your shoulder blades and pull the bar towards your chest, keeping a wide grip. Squeeze your lats at the bottom of the move.



Week 4 – Day 2

DB Rows

4 sets, up to 10 reps

Hold a dumbbell in your hand hanging straight down towards the floor, and brace yourself against a bench (pictured above) or bend over with one knee on a flat bench while keeping your head and chest up. Pull your elbow back and bring the dumbbell up to your waist, squeezing your back, and then slowly return to starting position.



Week 4 – Day 2

Seated Pulley Rows

4 sets, up to 10 reps

Use a narrow grip handle and sit up right. Bend forward slightly at first, then pull the handle towards your abdomen while pushing your chest out. It is important to contract your shoulder blades and squeeze your back as you pull the weight.



Week 4 – Day 2

Bent Over DB Laterals

3 sets, up to 10 reps

Grip the handle and place your hand across your waist on your hip. Stand upright with chest out and shoulders back. Raise the cable all the way out to your side until your hand is parallel to the shoulder, then slowly return to starting position. Alternate arms, 3 sets per arm.



Week 4 – Day 2

Reverse Pec Deck

3 sets, up to 10 reps

Sit on the pec deck fly machine with your stomach and chest against the pad. Grasp the pec deck handles ensuring your upper arms are parallel to the floor. Push the handles back together through your elbows as you contract your back and squeeze your shoulder blades together.

Week 4

NOTE: Increase weight and lower reps to a max of 10 this week.

Day 3

Legs and Core



Week 4 – Day 3

Squats

4 sets, up to 10 reps

Keep your torso upright, and descend while pushing your butt backward and keeping your knees forward, at least until your knees are bent at a 90-degree angle. Exhale as you push your body back up to the starting position, driving through your heels and keeping your torso upright.



Week 4 – Day 3

Leg Press

4 sets, up to 10 reps

Grab the handles on the sides of the seat, while keeping your body flat and firmly seated. Keep your feet shoulder width and lower the weight so your shins and thighs form a 90° angle. Extend back to starting position, but do not lock your knees.



Week 4 – Day 3

Leg Extensions

4 sets, up to 10 reps

Hook your feet under the padded bar, grab the handles on the sides of the seat, while keeping your body upright and firmly seated. Your upper body and butt should not move at all during this exercise. Extend your legs forward until your quads are fully working and squeeze.



Week 4 – Day 3

Lying Hamstring Curls

4 sets, up to 10 reps

Grab the handles on the sides of the seat, while keeping your body flat. Hook your lower leg under the padded bar. Contract and squeeze your hamstrings as you lift the weight towards your butt, then slowly return to starting position.



Week 4 – Day 3

Swiss Ball Crunches

3 sets, up to 15 reps

Sit on a swiss ball and walk yourself down towards the bottom of the ball. Let your spine curve as far back along the ball while keeping your feet planted firmly on the ground. Do not rock on the ball. Keep your hands across your chest, exhale sharply, and contract your core as you sit up.



Week 4 – Day 3

Seated Crunches (or Standard)

3 sets, up to 15 reps

SEATED: Seat yourself on the edge of a bench. Brace your hands on the bench and lean back slightly while extending your legs down and away. Slowly raise your legs towards chest, bending at the knee while slightly leaning your upper body forward.

STANDARD: Bend your legs and place feet firmly on the ground to stabilize your lower body. Cross your hands to opposite shoulders or place them behind your ears, without pulling on your neck. Curl your upper body all the way up toward your knees. Exhale as you lift. Slowly, lower yourself down, returning to your starting point.

Week 4

NOTE: Increase weight and lower reps to a max of 10 this week.

Day 4

Arms



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Week 4 – Day 4

Tricep Cable Push Downs

4 sets, up to 10 reps

Grip the rope and keep your body as straight as possible. Keeping your elbows locked in place at your side, extend your arms downward and pull the rope towards your pelvis. Squeeze your tricep while pressing down and slowly retract to your beginning position.



Week 4 – Day 4

Machine or Bench Dips

4 sets, up to 10 reps

Grasp both handles with each hand, with your back firmly against the pad, chest out, and shoulders back. Make sure to keep elbows as close to your body as possible. Press down close to lockout, and then slowly return to starting position.



Week 4 – Day 4

Barbell Curls

4 sets, up to 10 reps

Using a straight bar, place your hands underneath at shoulder-width distance. Stand upright with chest forward and shoulders back. With the bar in front of your thighs, bend at the elbows and squeeze your biceps as you lift the bar to the top of your chest in an arcing motion.



Week 4 – Day 4

Alternating DB Curls

4 sets, up to 10 reps

Grip each dumbbell by its handle. Keep your palms facing outward, elbows at your hips, and lift your hands up towards your shoulders. Alternate each rep between your left and right arm, so you are only lifting one weight at a time.