

JANUARY TRAINING PLAN

WWW.LAURENTAYLORCOOK.COM

MONDAY

CARDIO TREADMILL 2 MIN @ 3.0 WARM UP 1 MIN @ 5.0 - 1 MIN @ 3.4
REPEAT 8X 2 MIN COOL DOWN 3.0 (20 MIN TOTAL)

CHEST

BENCH PRESS 5 SETS OF 10
INCLINE DUMBBELLS, DECLINE DUMBBELLS, DUMBBELL FLYS
3 SETS OF 10

TUESDAY

CARDIO 10 MINS ON ROW MACHINE & 10 MINS ON ELLIPTICAL (TRY TO HIT 2 MILES)

BACK

BENT OVER BARBELL ROWS, LAT PULL DOWNS, LANDMINE
ROWS, GOODMORNINGS, ONE ARM CHAINSAWS ROWS
3 SETS OF 10

WEDNESDAY

CARDIO TREADMILL 2 MIN @ 3.0 WARM UP 1 MIN @ 5.0 - 1 MIN @ 3.4
REPEAT 8X 2 MIN COOL DOWN 3.0 (20 MIN TOTAL)

LEGS

SUMO SQUATS, GOBLET SQUAT, PLIE SQUAT, WEIGHTED CALF
RAISES, FLOOR HIP THRUSTERS 3 SETS OF 10
10 WALKING LUNGES (5 EACH LEG)

THURSDAY

CARDIO 10 MINS ON ROW MACHINE & 10 MINS ON ELLIPTICAL (TRY TO HIT 2 MILES)

ARMS

BARBELL CURLS, TRICEP KICKBACKS, HAMMER CURLS, TRICEP
ROPE PULLDOWNS, CROSSBODY CURLS 3 SETS OF 10
DIPS 1 SET OF 10

FRIDAY

CARDIO TREADMILL 2 MIN @ 3.0 WARM UP 1 MIN @ 5.0 - 1 MIN @ 3.4
REPEAT 8X 2 MIN COOL DOWN 3.0 (20 MIN TOTAL)

SHOULDERS

MILITARY PRESS, DUMBBELL LAT RAISES, BARBELL UPRIGHT
ROWS, SEATED REAR DELT FLYS, SHRUGS
3 SETS OF 10

SAT & SUN

YOU CAN CHOOSE AN ACTIVITY OUTDOORS, TAKE A CLASS, OR
USE THESE DAYS FOR REST TO PREPARE FOR THE WEEK AHEAD

PRO TIP: TRY TO INCREASE YOUR WEIGHT EACH MONDAY
**REPEAT WORKOUT JAN 3RD - JAN 28TH, CHECK BACK FOR NEXT
MONTHS PLAN**