

# June Training PLAN

## TUESDAY - UPPER BODY

### BI'S & TRI'S

ROPE PULL DOWNS  
ONE ARM OVER HEAD TRICEP  
EXT.  
DUMBBELL CURLS  
HAMMER CURLS  
3x8

### SHOULDERS

PLATE RAISES  
ARNOLD PRESS  
BARBELL UPRIGHT ROWS  
3x8

### CHEST & BACK

DUMBBELL DIAMOND PRESS  
DUMBBELL INCLINE PRESS  
CHAINSAWS  
LANDMINE ROWS  
3x8

## THURSDAY - LOWER BODY

### LEGS

SUMO SQUATS 3x8  
PLIE SQUATS 3x8  
ROPE PULL THROUGH 3x8  
WEIGHTED HIP THRUSTERS 3x8  
WEIGHTED SINGLE LEG CALF  
RAISES 2x (15 PER LEG)

### ABS

PLANK 3x (30 SEC)  
HEEL TOUCHES 2x12  
LEG LIFTS 2x12  
SCISSOR KICKS 2x12  
SUPERMANS 2x12  
WEIGHTED CRUNCHES 2x12

## SATURDAY - FULL BODY

### UPPER

MILITARY PRESS 3x8  
SHRUGS 3x8  
BENCH PRESS 5x8  
SKULL CRUSHERS 3x8  
TRICEP OVERHEAD EXT. 3x8  
BICEP 21'S

### LOWER

DEADLIFTS 3x8  
DUMBBELL STEP UPS 3x8  
STANDING LUNGES 3x8  
WALL SQUAT 1 MIN  
RUSSIAN TWISTS 2x12  
WINDSHIELD WIPERS 2x12