

# August Training **PLAN**

## **MONDAY - UPPER BODY**

DUMBBELL CURLS  
HAMMER CURLS  
TRICEP KICKBACKS  
SCARECROW EXT.

CHEST INCLINE PRESS  
DUMBBELL PULLOVER

PLATE RAISES  
SHRUGS  
LANDMINE ROWS  
GOOD MORNINGS

**3 SETS OF 10**

## **TUESDAY - LOWER BODY**

WEIGHTED SQUAT TO CALF RAISE  
ONE LEG DEADLIFTS  
WEIGHTED HIP THRUSTERS  
SUMO SQUATS

RUSSIAN TWISTS 2x12  
WINDSHIELD WIPERS 2x12  
LEG LIFTS  
SUPERMANS

**3 SETS OF 10**

## **WEDNESDAY - UPPER BODY**

21'S  
SKULL CRUSHERS  
DIPS

LATERAL RAISES  
LAT PULL DOWNS  
DUMBBELL INCLINE  
BENCH ROW

BENCH PRESS  
PUSH UPS  
SHOULDER PRESS

**3 SETS OF 10**

## **THURSDAY - LOWER BODY**

DEADLIFTS  
PLIE SQUATS  
GOBLET SQUATS  
WEIGHTED CALF RAISES

SCISSOR KICKS  
WEIGHTED CRUNCHES  
RUSSIAN TWISTS  
SIT UPS

**3 SETS OF 10**