Bao’s 2016 Workout Schedule.

**Rest: 30 seconds rest between each SET. 1:30s rest between each EXERCISE.**

**Monday: Leg Day**

|  |  |  |  |
| --- | --- | --- | --- |
| Exercise | Sets | Repetitions | Notes |
| 10 Minute Treadmill Jog | ————————— | ————————— | Incline: 0 ; Speed: 7 Stretch afterward |
| Squats | 4 | 10 |  |
| Deadlift | 4 | 10 |  |
| Lunges | 2 | 20 (10 each leg) | I hold a heavy pair of dumbbells for more resistance. |
| Leg Extensions | 4 | 12 |  |

**Tuesday: Shoulders**

|  |  |  |  |
| --- | --- | --- | --- |
| Exercise | Sets | Repetitions | Notes |
| 10 Minute Treadmill Jog | ————————— | ————————— | Incline: 0 ; Speed: 7 Stretch afterward |
| Military Press | 4 | 12 | AKA Overhead Press |
| Barbell Shrugs | 4 | 12 | Dumbbells optional |
| Lateral Raises | 4 | 12 |  |
| Front Raises | 4 | 12 (6 each arm) |  |

**Wednesday: Chest and Triceps Day**

|  |  |  |  |
| --- | --- | --- | --- |
| Exercise | Sets | Repetitions | Notes |
| 10 Minute Treadmill Jog | ————————— | ————————— | Incline: 0 ; Speed: 7 Stretch afterward |
| Bench Press | 4 | 6 | Lift really heavy |
| Incline Bench Press | 4 | 10 | Moderately heavy |
| Pectoral Fly | 4 | 12 | I hold a heavy pair of dumbbells for more resistance |
| Overhead Extension | 4 | 24 (12 each arm) |  |

**Thursday: Biceps and Back Day**

|  |  |  |  |
| --- | --- | --- | --- |
| Exercise | Sets | Repetitions | Notes |
| 10 Minute Treadmill Jog | ————————— | ————————— | Incline: 0 ; Speed: 7 Stretch afterward |
| Bicep Curls | 4 | 12 (6 each arm) |  |
| Lat Pulldowns | 4 | 12 |  |
| Bent Over Rows | 4 | 12 |  |
| Deadlift | 4 | 10 |  |

**Friday: Cardio Day (Pick your workout)**

|  |  |  |
| --- | --- | --- |
| Exercise | Type of Cardio | Notes |
| Stretch | ————————— | Do 20/50/100 pushups for fun |
| Treadmill/ Bike/ Elliptical | High Intensity interval | 30 sec MAX speed, 1:30 rest. Repeat 8 times |
| Treadmill/ Bike/ Elliptical | Steady State | 20-40 minutes at breathable pace |

Closing Ab Workouts: (End everyday with ABS to build core)

|  |  |  |
| --- | --- | --- |
| Exercise | Sets | Reps |
| Planks | 3 | 30 seconds to 1 minute |
| Leg Raises | 3 | 12 |
| Bicycle Kicks | 3 | 25 |
| Crunches | 3 | 25 |
| Flutter Kicks | 3 | 25 |
| Scissor Kicks | 3 | 25 |

Try to do all these workouts to make a set

Bao’s 2017 Workout Regimen

All Workouts Start with 1 Mile Jog and End with Ab Circuit

Day 1: Chest, Back, Arms

1. Incline Dumbbell Presses 3x12
2. Dumbbell Flye 3x12
3. Pushups 10x10, 9, 8, 7, 6, 5, 4, 3, 2, 1
4. Dumbbell Kickback 3x15
5. Triceps Pulldown 2x20
6. Bench Dip 10x10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Day 2: Biceps, Triceps, and Lats

1. One-Arm Dumbbell Row 3x12
2. Lat Pulldowns 3x12
3. Bentover Rows 3x12
4. Dumbbell Curls 3x12 Alternating Arms
5. Barbell Curls 3x12
6. Hammer Curls 3x12

Day 3: Legs

1. Squats 4x8
2. Leg Presses 3x12
3. Leg Extensions 3x12
4. Leg Curls 3x12
5. Romanian Deadlifts 3x12
6. Dumbbell Lunges 2x20 Alternating Legs

Day 4: Chest and Arms

1. Dumbbell Bench Press 5x10, 9, 8, 7, 6
2. Pushup 5x10
3. Dumbbell Flyes 5x10, 9, 8, 7, 6
4. Pushup 5x10
5. Dumbbell Curl 4x12
6. Dumbbell Kickback 4x12

Abs Circuit (Do 1-5 twice and then finish with a Plank till failure)

1. Crunch 25 reps
2. Leg Raise 20 reps
3. Reverse Crunch 20 reps
4. Flutter Kicks 25 reps
5. Scissor Kicks 25 reps
6. Plank Until Failure