Rev: July 28, 2014

BBOE Design It Yourself Workout - Phase 15
Weeks 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 -10 - 11 -12

WORKOUT A: 20 Rep Max

	Muscle Group	Exercises	Rep	Set 1	Set 2	Set 3	Set 4	Set 5
1	Core - Ch 10 Stability	Wheel Roll Out (p 292)	10					
2A	Chest - Ch 4	Incline DB Bench Press (p 54)	5					
2B	Quadriceps - Ch 8	Farmer's Walk on Toes (p 227)	60 sec					
3A	Upper Back - Ch 5	Cable Row (p 92)	10					
3B	Glutes & Hamstrings - Ch 9	Swiss Ball Hip Raise and Leg Curl (p 243)	10					

WORKOUT B: 20 Rep Max

	Muscle Group	Exercises	Rep	Set 1	Set 2	Set 3	Set 4	Set 5
1	Core - Ch 10 - Hip Flexion	Hanging Leg Raise (p 329)	3					
2A	Glutes & Hamstrings - Ch 9	Barbell Dead Lift (p 248)	5					
2B	Chest - Ch 4	Dip (p 44) - **Weighted**	10					
3A	Quadriceps - Ch 8	Goblet Squat (p 204)	5					
3B	Shoulders - Ch 7	DB Cuban Press (p 128)	5					

WORKOUT C: 20 Rep Max

	Muscle Group	Exercises	Rep	Set 1	Set 2	Set 3	Set 4	Set 5
1	Core - Rotation	Cable Push-Pull	10					
2A	Upper Back - Ch 5	Rear Lateral Raise (p 83)	10					
2B	Glutes & Hamstrings - Ch 9	Back Extension (p 258) Roman Chair - **Weighted**	10					
3A	Arms - Ch 7	Rope Triceps Press Down (p 174)	5					
3B	Quads & Calves - Ch 8	Plate Loaded Linear Leg Press & Calves	10					

NB: *The Chapter and Page Numbers refer to the Men's Health Big Book of Exercises by Adam Campbell or to the Men's Health Big Book of 15 Minute Workouts. If no notation then check on-line.*