



2015 OLYMPIA PREP

Week 1 - Monday Back and Biceps

Exercise	Sets	Reps	Notes
Deadlift	7	1 x 20 1 x 15 1 x 12 1 x 10 1 x 8 1 x 6 1 x 15	Increasing the weight each set, except for the last set where I drop to a lighter weight.
Wide Grip Pull Down	5	1 x 20 1 x 15 1 x 12 2 x 6	Increasing the weight each set, except for the last set where I drop to a lighter weight.
Close Grip Pull Down	4	1 x 12 1 x 10 2 x 8	Increasing the weight each set, except for the last set where I drop to a lighter weight.
Single Arm Dumbbell Row	4	1 x 20 1 x 15 1 x 12 1 x 10	The reps here are for each arm.
Cable Pullover superset with Seated Row	3	10 + 10	10 reps of both exercises in each superset.
Straight Barbell Curls	4	1 x 15 1 x 10 2 x 8+8	The last two sets are drop sets, with 8 reps at both weights.
Single Arm Hammer Curl	2	2 x 6	First set was across the body, second set was straight.
Double Arm Hammer Curl	2	2 x 8	
Cable Curl	3	1 x 12 1 x 10 1 x 8+8	Last set was a drop set.

Cardio

No cardio today.



2015 OLYMPIA PREP

Week 1 - Tuesday Chest and Triceps

Exercise	Sets	Reps	Notes
Incline Barbell Chest Press	4	1 x 20 1 x 15 1 x 10 1 x 6+6	Increase the weight each set. Last set was a drop set.
Chest Press Machine	4	4 x 6	I aimed for 6 reps each set, sometimes getting to a maximum of 8
Standing Cable Flyes	4	1 x 15 1 x 12 1 x 10+10 1 x 10+8+6	Third set was a drop set Fourth set was a triple drop set
Flat Dumbbell Press superset with Flat Dumbbell Flyes	5	4 x 10+10 1 x 8+8	
Cable Rope Pushdowns superset with Straight Bar Cable Pushdown	4	1 x 15+15 2 x 10+10 1 x 8+8	
Single Arm Dumbbell Kickbacks	4	1 x 12 1 x 10 2 x 10+10	Reps are for each arm. Last two sets were drop sets.

Cardio

No cardio today.



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Week 1 - Wednesday Quads and Calves

Exercise	Sets	Reps	Notes
Seated Calf Raises	4	10	
Seated Calf Raises superset with Standing Calf Raises	4	10+10	
Single Leg Standing Calf Raises	3	30	Each set is made up of : 10 x feet straight 10 x feet pointing outwards 10 x feet pointing inwards
Leg Extension	8	20	Increase the weight each set
	1	20+15+10	Triple drop set
Leg Press	4	15	Increase the weight each set
	4	15	Decrease the weight each set
Hack Squat	4	10-12	
Single Leg Extension	3	8	Reps are for each leg
	1	8+8	Drop set

Cardio

No cardio today.



2015 OLYMPIA PREP

Week 1 – Thursday (AM)

Abs and Cardio

Cardio

20 minutes treadmill

Exercise	Sets	Reps	Notes
Hanging Leg Raises	4	To failure	
Abdominal Crunch	5	20	
Side Crunches	3	20	20 each side
Roman Chair Straight Leg Raises	4	20	
Cable Woodchop	4	15	15 each side



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Week 1 – Thursday (PM) Shoulders

Exercise	Sets	Reps	Notes
Arnold Press	2	15	Warm up
	3	12	
	1	10+10	Drop set
Ascending Lateral Raises	4	20, 15, 12 + 10 partials	As the reps decrease, the weight increases. Partial are with a heavy weight, keeping the dumbbell away from your side.
Rear Delt Row with Barbell	3	10 – 15	Increase the weight each set
	1	10 + 10	Drop set
Seated Single Arm Press	2	10	10 each arm
	2	10+10	10 each arm followed by 10 both arms
Single Arm Lateral Raise with Dumbbell	4	1 x 15 2 x 12 1 x 8	Reps are for each arm
Rear Delt Cable Flyes	3	15	
	1	12+12	Drop set
Dumbbell Shrugs superset with Smith Machine Shrugs	4	12+12	



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Week 1 – Friday
Arms

Cardio

45 minute walk in the morning

Exercise	Sets	Reps	Notes
Tricep Dips	2	20	Own bodyweight
	2	10 - 12	Weighted
	1	10+10	Weighted drop set
	1	10+10+10	Weighted triple drop set
Barbell Curl	1	15+12+10	Drop set on each set
	1	12+10+8	
	1	10+10+10	
	1	8+10+10	
Cable Rope Pull Down superset with Cable EZ Bar Pushdown	3	10 - 12	
Single Arm Cable Curl	3	12	
	1	10+10+10	Triple drop set
Dumbbell Tricep Kickbacks superset with Skull Crushers with a plate	3	10 + 8	
	1	10+8 + 10+8	Drop set on each exercises
Hammer Curls	3	10-12	



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Week 1 – Sunday

Hamstrings and Calves

Exercise	Sets	Reps	Notes
Standing Single Leg Calf Raises	3	15	Reps for each leg
Seated Calf Raises	3	15	
Single Leg Calf in Leg Press Machine	3	12 - 15	Reps for each leg
	1	10+10	Drop set. Reps for each leg.
Straight Leg Deadlift	1	15 - 20	Warm up
	3	10 - 12	Increasing the weight
	1	10+10	Drop set
Seated Leg Curl	5	10 - 12	
Lying Leg Curl	4	10 - 12	
	1	10+10	Drop set



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Week 2 - Monday Abs and Back

Cardio

45 minutes steady walk in the morning

Exercise	Sets	Reps	Notes
Hanging Leg Raises	4	To failure	
Sit Ups superset with Roman Chair Leg Raises	5	20 + 20	
Cable Oblique Twist	4	15	Reps are for each side
Cable Wood Chop	3	20	Reps are for each side
Wide Grip Pull Ups	3	To failure	
Close Grip Pull Ups	3	To failure	
Deadlifts	5	1 x 15 1 x 12 2 x 10 1 x 10+10+10	Last set is a triple drop set
Seated Rows	4	1 x 15 1 x 12 2 x 10 1 x 10+10	Last set is a drop set.
Bent Over Dumbbell Rows	4	10 - 12	Increase the weight each set
Wide Grip Pull Down	4	10 slow followed by 10 faster	First 10 reps are "time under tension". 2 second down. 2 second hold. 2 second up. Last 10 reps are normal tempo.



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Week 2 - Tuesday Chest and Triceps

Cardio

45 minutes bike in the morning

Exercise	Sets	Reps	Notes
Incline Dumbbell Press	6	2 x 20 1 x 12 2 x 8 1 x 8+8	Last set is a drop set
Flat Bench Press superset with Tricep Rope Pushdown	4	10 + 12	
Cable Incline Flyes superset with Cable Tricep Pushdown	4	1 x 15+15 1 x 10+12 1 x 8+12 1 x 8+12	
Flat Dumbbell Flyes superset with EZ Bar Skull Crushers	4	3 x 12+12 1 x 8+10	
Dumbbell Pullovers superset with Dumbbell Tricep Kickbacks	3	3 x 12+12	



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Week 2 - Wednesday

Calves and Hamstrings

Exercise	Sets	Reps	Notes
Seated Calf Raises	5	1 x 20 1 x 18 1 x 15 2 x 15+12+10	Last two sets are triple drop sets
Standing Calf Raises using Smith Machine	4	1 x 15 1 x 12 1 x 10 1 x 8	
Standing Calf Raises using Smith Machine varying feet position	4	10+10+10	Each set is made up of: - 10 reps feet straight - 10 reps feet pointing outwards - 10 reps feet pointing inwards
Lying Leg Curl	5	3 x 10-12 2 x 10+12+15	Last two sets are triple drop sets
Seated Leg Curl	5	5 x 15	
Standing Single Leg Hamstring Curl Machine	4	4 x 10-12	Reps are for each leg. Alternate legs and no rest between each one.
Straight Leg Deadlifts	4	1 x 10 1 x 8 3 x 15-18	The last three sets are to stretch off the hamstring.

Cardio

No cardio today



2015 OLYMPIA PREP

Week 2 - Thursday Shoulders

Cardio

45 minutes bike in the morning

Exercise	Sets	Reps	Notes
Dumbbell Shoulder Press	6	2 x 15-18 3 x 10-12 1 x 10+10+10	Increase the weights on the first five sets. Last set is a triple drop set
Reverse Flye on Pec Deck Machine	4	1 x 15 1 x 12 1 x 10 1 x 10+10+10	Last set is a triple drop set
Side Lateral Dumbbell Raises	4	1 x 15 1 x 12 1 x 10 1 x 10+10+10	Last set is a triple drop set
Standing Barbell Shoulder Press	5	10	All "time under tension" sets. 4 seconds up. 2 seconds squeeze. 2 seconds down.
Dumbbell Reverse Flyes	4	1 x 12 1 x 10 2 x 8+8+10	Increase the weights on the first two sets. Last set is a triple drop set.
Upright Cable Row superset with Seated Plate Lateral Raises	4	10+10	10 reps of each exercise in each set
Barbell Shrugs superset with Dumbbell Shrugs	4	12+12	12 reps of each exercise in each set



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Week 2 - Friday

Quads and Calves

Exercise	Sets	Reps	Notes
Seated Calf Raises	7	2 x 20 3 x 10-12 1 x 10+10+10 1 x 10+8	2 warm up sets 3 working sets 1 triple drop set 1 drop set
Standing Calf Raises	6	5 x 10-12 1 x 20	Slow and controlled Last set with lighter weight to finish
Squats	7	1 x 20 1 x 15 1 x 12 1 x 10 2 x 5 1 x 10+10	First two sets are for warm up 2x5 followed by bodyweight to failure Final drop set
Leg Press	6	5 x 15 1 x 15 + 15	Increase the weight each set Drop set to finish
Leg Extension	6	2 x 20 2 x 15 2 x 10	Each rep is slow and controlled
Lunges	3	10	Own bodyweight lunges. Reps are for each leg.

Cardio

No cardio today



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Week 2 - Saturday

Biceps, Triceps and Abs

Exercise	Sets	Reps	Notes
Rope Pushdowns	6	2 x 15-20 4 x 10-12	First two sets are for warm up
Overhead Cable Tricep with EZ Bar	4	10-12	
Tricep Kick Back with Dumbbell	4	2 x 10-12 2 x 10+10	Two drop sets to finish
Smith Machine Tricep Press	4	6+10+6	Each set is made up of: - 6 fast reps - 10 slow and controlled reps - 6 fast reps to finish
Dumbbell Curl	4	1 x 15 3 x 10-12	Reps are for each arm
Cable Hammer Curl with Rope	5	4 x 10-12 1 x 10+10	Drop set to finish
Seated Machine Preacher Curls	4	10-12	Slow with full contraction on each rep
Hanging Leg Raises	4	To failure	Legs straight
Rope Cable Crunches superset with Oblique Twists	4	15+15	Oblique twists are 15 for each side
Oblique Twist Sit Ups	4	To failure	You can add weight if it's too easy

Cardio

No cardio today



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Week 3 - Monday Back and Biceps

Cardio

Morning cardio consisted of:

- 20 minute treadmill
- 20 minute bike
- 20 minute cross trainer

Exercise	Sets	Reps	Notes
Wide Grip Pull Up	4	To failure	
Close Grip Pull Up	4	To failure	
Bent Over Rows – alternate Overhand and Underhand sets	4	10 - 12	Change the grip in each set
Wide Grip Pull Up superset with Machine Rows	4	1 x 15 3 x 10	
Single Arm Dumbbell Rows	3	12-15	Reps are for each arm. Increase the weight each set.
Hyper Extension	4	15-20	Slow and Controlled
Single Arm Alternating: Dumbbell Curl and Hammer Curl	3	10-12	Alternating = 1 rep curl then 1 rep hammer curl. Reps are for each arm
Straight Barbell Curl	3	15	
Cable Rope Hammer Curl	3	15-18	



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Week 3 - Tuesday Chest and Triceps

Cardio

Morning cardio consisted of:

- 20 minute treadmill
- 20 minute bike
- 20 minute cross trainer

Exercise	Sets	Reps	Notes
Incline Dumbbell Press superset with Tricep Cable Push Downs	5	2 x 15+15 2 x 10+10 1 x 10+10 + 10+10	Last set is drop set on both exercises
Flat Dumbbell Flyes superset with Straight Bar Push Downs	4	1 x 15+15 1 x 12+15 2 x 10+15	
Smith Machine Incline Press superset with Tricep Kickbacks	4	10 + 12	Reps for Tricep Kickbacks are for each arm
Dumbbell Chest Pullover superset with Plate Skull Crushers	4	10+15	



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Week 3 - Wednesday Shoulders

Cardio

Morning cardio consisted of:

- 20 minute treadmill
- 20 minute bike
- 20 minute cross trainer

Exercise	Sets	Reps	Notes
Seated Dumbbell Press	6	2 x 15-18 3 x 8 + 10 1 x 8+8	Two warm up sets Working sets are all drop sets
Military Press	5	1 x 15 3 x 8-10 1 x 5 + 10	Last set is a drop set
Side Lateral Raise superset with Reverse Cable Flyes	5	1 x 15 + 15 3 x 12 + 12 1 x 10 + 10	
Smith Machine Shrug superset with Dumbbell Shrug	4	4 x 15 + 15	
Bent Over Dumbbell Flyes superset with Machine Site Lateral Raises	4	4 x 15 + 12	



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Week 3 - Thursday

Morning – Cardio and Abs

Cardio

- 20 minutes incline treadmill
- 20 minute cross trainer
- 20 minute stair master

Exercise	Sets	Reps	Notes
Hanging Leg Raises	3	To failure	
TRX ab crunches	4	15 – 18	
Ab crunches with plate	4	15 – 18	
Plank	4	1 minute	



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Week 3 - Thursday
Evening - Legs

Exercise	Sets	Reps	Notes
Walking Lunges	5	1 x 25 3 x 10 1 x to failure	Reps are for each leg Last set is own bodyweight
Straight Leg Deadlift superset with Seated Calf Raises	4	10-12 + 15-20	
Seated Hamstring Curl superset with Smith Machine Calf Raises	4	12-15 + 20	
Lying Hamstring Curls superset with Standing Calf Raises	4	12-15 + 10, 10, 10	The calf raises are bodyweight with 10 raises in each of the three feet positions (pointing out, pointing forwards, pointing in).



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Week 3 - Friday Arms

Cardio

60 minutes of cardio in the morning:

- 20 minutes incline treadmill
- 20 minute cross trainer
- 20 minute stair master

Exercise	Sets	Reps	Notes
Tricep Dips	6	2 x 18-20 1 x 12 1 x 10 2 x 8 + 8	First two are own bodyweight. Others are weighted. Drop set from weighted to bodyweight.
Single Arm Dumbbell Curl	5	4 x 10-12 1 x 10 + 10	Last set is a drop set
Skull Crushers	4	10-12	
Lying on the floor EZ Bar Curls with Cable	4	10-12	Really squeeze hard on these!
Tricep Dumbbell Kickbacks	4	3 x 10-12 1 x 10+10	Reps are for each arm. Last set is a drop set.
Preacher Hammer Curls	4	10-12	Reps are for each arm



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Week 3 - Saturday Upper Body Circuit

Exercise	Sets	Reps	Notes
Wide Grip Pull Up superset with Seated Rows	4	10-12 + 20	
Wide Grip Pull Down superset with Deadlifts	4	20 + 20	
Incline Dumbbell Press superset with Flat Dumbbell Flyes	4	20 + 20	
Pec Dec superset with Flat Bench Press	3	20 + 20	
Dumbbell Shoulder Press superset with Side Lateral Raises	3	20 + 20	
Rear Dumbbell Flyes superset with Dumbbell Shrugs	3	20 + 20	
Dumbbell Bicep Curl superset with Dumbbell Tricep Kickback	4	10 + 10	Reps are for each arm
Barbell Curl superset with Rope Push Down	3	20 + 20	
Ab Crunches superset with Oblique Twists	3	20 + 10	10 twists on each side
Hanging Leg Raises	3	20	



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Week 3 - Sunday Legs

Exercise	Sets	Reps	Notes
Squats	6	2 x 20 1 x 15 1 x 12 1 x 10 1 x 8 + 10	First two sets are for warm up. Four working sets, increasing the weight each set. Last set is a drop set.0
Hack Squat	4	10-12	
Leg Press	4	10-12	
Seated Leg Extension	5	1 x 20 1 x 15 1 x 12 1 x 8 1 x 8 + 10 + 10	Increase the weight each set Last set is a drop set
Standing Calf Raise Machine	4	10-12	
Single Leg Seat Calf Raise	3	10-12	Reps are for each leg
Seated Leg Curl	3	10-12	

No cardio today



2015 OLYMPIA PREP

Week 4 - Monday
Back

Cardio

60 minute walk in the morning

Exercise	Sets	Reps	Notes
Deadlift	6	2 x 18-20 1 x 15 1 x 12 2 x 10	
Hyper Extensions	4	12 – 15	
Plate Loaded Overhand Rows	4	1 x 20 3 x 10-12	
Bent Over V Bar Row	4	3 x 10-12 1 x 10+10+15	Increase the weight for first 3 sets Last set is a triple drop set
Wide Grip Pull Down	4	3 x 10-12 1 x 10+10+15	Increase the weight for first 3 sets Last set is a triple drop set
Bent Over Dumbbell Row off a bench	3	12 - 15	



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Week 4 - Tuesday
Chest

Cardio

60 minute fasted walk in the morning

Exercise	Sets	Reps	Notes
Incline Barbell Press	6	2 x 18-20 3 x 10-12 1 x 10 + 10	Two warm up sets Three working sets (increasing weight) Drop set to finish
Lying Plate Loaded Press	4	10-12	Slow and controlled on each set
Pec Dec	5	12-15	Keep time under tension for each rep
Incline Dumbbell Fly superset with Standing Cable Fly	4	10-12 + 12-15	
Chest Dumbbell Pullovers	4	10-12	



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Week 4 - Thursday Shoulders

Cardio

60 minute bike in the morning

Exercise	Sets	Reps	Notes
Smith Machine Shoulder Press	6	2 x 15-20 3 x 10 1 x 6-8	Two warm up sets
Upright Barbell Rows	5	1 x 15-18 3 x 10-12 1 x 15-18	
Cable Side Lateral Raise	3	10-12	
Smith Machine Shrug	5	1 x 15 1 x 12 2 x 10 1 x 15 + 12 + 15	Last set is a triple drop set, but with just small drops.
Dumbbell Side Lateral Raise superset with Machine Side Lateral Raise	4	1 x 12-15 + 10-12 3 x 10 + to failure	The last three sets are to failure, but if I can do more than 12, I increase the weight.
Straight Bar Front Raise super set with Dumbbell Shrug	3	8-10 + 12-15	



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Week 4 - Friday
Arms

Cardio

60 minute walk in the morning

Exercise	Sets	Reps	Notes
Smith Machine Tricep Press	6	3 x 12-15 3 x 12-15	First 3 are regular sets. Last 3 are time under tension sets
Wide Grip EZ Bar Cable Pull Down super set with Rope Pull Down	4	10 + 10-12	
Bodyweight Dips	4	To failure	Use time under tension – 4 seconds down, 2 seconds hold, 1 second up
Cable Rope Curl super set with Wide Grip EZ Bar Curls	4	10 + 10-12	
EZ Bar Bicep Curls	4	10 + to failure	Do 10 reps using time under tension, then to failure with regular reps
Overhand Straight Bar Hammer Curls super set with Dumbbell Hammer Curls	3	10-12 + 12-15	

Cardio after training

15 minutes incline walk on treadmill



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Week 4 - Saturday
Legs

Exercise	Sets	Reps	Notes
Squat	6	2 x 20 3 x 10-12 1 x 8-10	First two are warm up sets.
Front Smith Machine Squats	5	4 x 10-12 1 x 10 + 8	Last set is a drop set
Single Leg Extension	4	10-12	Reps are for each leg
Barbell Walking Lunges	4	10	10 lunges per leg
Stiff Leg Deadlift	3	10-12	
Single Leg Lying Hamstring Curl	4	10 + 10	All 4 sets are drop sets
Standing Calf Raises	6	2 x to failure 3 x 10-12 1 x 10 + 10 + 10	First two are own bodyweight Last set is a triple drop set
Seated Calf Raises	8	4 x 12-15 4 x 6-8	First four are almost non-stop, with just 10 seconds rest-pause between sets

Cardio

No cardio today



2015 OLYMPIA PREP

Week 4 - Sunday Upper Body

Cardio

60 minute walk in the morning

Exercise	Sets	Reps	Notes
Seated Chest Press Machine superset with Lying Plate Loaded Machine	4	15 + 15	In both machines I pressed one arm at a time
Pec Deck superset with Seated Machine Press	4	15 + 15	
Overhand Row in Machine superset with Wide Grip Pull Down	4	15 + 15	
Seated Cable Row superset with Rope Pull Over	4	15 + 15	
Barbell Military Press superset with Side Laterals	4	15 + 15	
Shrugs superset with Cable Face Pulls	4	15 + 15	
Wide Grip Cable Bicep Curls superset with Rope Tricep Pull Downs	4	15 + 15	
Hammer Curl superset with Tricep Kickbacks	4	15 + 15	



2015 OLYMPIA PREP

Week 5 - Monday Back and Biceps

Cardio

60 minute walk in the morning

Exercise	Sets	Reps	Notes
Wide Grip Pull Down	2	20	Two sets to warm up Last set is a triple drop set.
	3	8-10	
	1	8 + 8 + 8	
Hammer strength Pull Down	4	10-12	Last set is a triple drop set.
	1	8 + 10 + 12	
Single Arm Dumbbell Row	3	10	Reps are for each arm.
Wide Grip Seated Row	3	10-12	Decrease the weigh every 5 reps
	1	5 + 5 + 5 + 5	
Weighted Hyper Extensions	4	To failure	
Alternate Dumbbell Curls	4	10	Reps are on each arm
"21s" with Straight Bar	2	21	



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Week 5 – Tuesday (PM)

Triceps and Calves

Exercise	Sets	Reps	Notes
Single Leg Standing Calf Raise	3	10-12	Reps are for each leg
Seated Calf Raise Machine	3	10-12	Stretch properly after each set!
Smith Machine Calf Raise	3	10-12	Drop set to finish.
	1	10 + 10	
Cable Rope Pull Down	4	10-12	
EZ Bar Cable Curl	4	10-12	
Single Dumbbell Kickbacks	3	15	Reps are for each arm
	1	15 + 10	Drop set to finish



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Week 5 – Wednesday (AM)

Cardio and Abs

Cardio

45 minutes cross trainer

Exercise	Sets	Reps	Notes
Cable Ab Crunches superset with Lying Leg Raises	4	20 + 15	
TRX crunches	4	15-20	60 seconds rest between sets



2015 OLYMPIA PREP

Week 5 – Wednesday (PM)

Legs

Exercise	Sets	Reps	Notes
Leg Extension	2	20	Warm up sets
	3	10	Use time under tension for each set and rep. Slow and under complete tension for the full movement
	1	10 + 10 + 10	
Leg Press	3	15	
	3	10-12	Increase the weight each set
	1	10 + 10 + 10 + 15	Decrease the weight every 10 reps
Hack Squat super set with Front Smith Machine Squat	4	8-10 + 8-10	
Lying Hamstring Curl	4	10-12	
Seated Hamstring Curl superset with Stiff Leg Deadlift	3	10-12 + 10-12	



2015 OLYMPIA PREP

Week 5 – Thursday Shoulders

Cardio

30 minutes incline treadmill

30 minutes cross trainer

Exercise	Sets	Reps	Notes
Side Lateral Raises super set with Shoulder Plate Loaded Machine Press	9	20 + 20	Increase the weight each set. In the final sets, you can rest pause, but you must get to 20.
	1	10+10 + 10+10	Drop set on both exercises to finish.
Single Arm Dumbbell Front Raise	3	10-12	
	1	5 + 5 + 5	5 reps underhand twist 5 reps overhand twist 5 reps straight forward
Single Arm Cable Rear Delt	3	12-15	Reps are for each side
Machine Shrug super set with Dumbbell Shrugs	3	15-18 + 15-18	



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Week 5 – Friday (PM)

Arms

Exercise	Sets	Reps	Notes
EZ Barbell Curl	2	20	Warm up set
	3	10-12	Working sets. Increasing weight
	1	10 + 10 + 10	Triple drop set to finish
Triceps Dip Machine	4	12-15	Increase the weight each set
	1	10 + 10 + 10	Triple drop set to finish
Single Arm Dumbbell Preacher Curl	3	10-12	Bench assisted to stop swinging and keep the bicep isolated
	1	10 + 10	Drop set to finish
Single Arm Dumbbell Skull Crushers Across The Body	4	10-12	Reps for each arm.
Single Arm Cable Preacher Curl super set with Overhead Cable Rope Pulls	4	12-15 + 10-12	

Cardio

15 minutes treadmill after training.



2015 OLYMPIA PREP

Week 5 – Friday (AM)

Cardio and Abs

Cardio

30 minutes incline treadmill

30 minutes cross trainer

Exercise	Sets	Reps	Notes
Cable Crunch superset with Leg Raises	5	20 + 20	



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Week 5 - Sunday Upper Body

Cardio

60 minute walk in the morning

Exercise	Sets	Reps	Notes
Seated Chest Press Machine superset with Lying Plate Loaded Machine	4	15 + 15	In both machines I pressed one arm at a time
Pec Deck superset with Seated Machine Press	4	15 + 15	
Overhand Row in Machine superset with Wide Grip Pull Down	4	15 + 15	
Seated Cable Row superset with Rope Pull Over	4	15 + 15	
Barbell Military Press superset with Side Laterals	4	15 + 15	
Shrugs superset with Cable Face Pulls	4	15 + 15	
Wide Grip Cable Bicep Curls superset with Rope Tricep Pull Downs	4	15 + 15	
Hammer Curl superset with Tricep Kickbacks	4	15 + 15	

**This is the same circuit as Week 4*



2015 OLYMPIA PREP

Week 6 – Monday Legs

Cardio

45 minute spin class in the morning

Exercise	Sets	Reps	Notes
Leg Extension	3	20	Warm up exercise
Sing Leg Lunges	3	20	Warm up exercise. Reps for each leg
Squats	2	20	Warm up sets
	3	6-8	Increase the weight each set
	1	6 + 8	Drop set to finish
Hack Squat superset with Leg Press	1	10-12 + 18-20	
	1	8-10 + 15-18	
	2	6-8 + 12-15	
Single Leg Lunges	3	10-12	Reps are for each leg
Leg Extension	3	10-12	
	1	10 + 10 + 10	Triple drop set to finish
Single Leg Calf Raises	3	10-12	Reps are for each leg
Smith Machine Calf Raises	4	10-12 + 10-12	Drop set on each set.
Reverse Hack Squat superset with Seated Calf Raises	3	10 + 10	



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Week 6 – Tuesday
Chest

Cardio

60 minutes cross trainer (AM)

Exercise	Sets	Reps	Notes
Incline Barbell Bench Press	2	20	Warm up sets.
	4	6-8	Working sets.
Dumbbell Incline Flyes superset with Plate Loaded Machin Press	4	8-10 + 10-12	
Decline Barbell Bench Press	4	10-12	
Flat Dumbbell Press superset with Cable Flyes	4	8-10 + 12-15	
Dumbbell Pull Overs	3	10-12	



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**Week 6 – Wednesday
Back**

Cardio (AM)

60 minutes power walk

Exercise	Sets	Reps	Notes
Wide Grip Pull Down superset with Seated Row Machine	4	12-15 + 12-15	
V Bar Row superset with Overhand Plate Loaded Row Machine	4	12-15 + 12-15	
Single Dumbbell Arm Row	4	10 + 10	Drop set on each set. Drop on each arm before switching arms.
Deadlift superset with Wide Grip Pull Up	4	15 + 15	
Seated Machine Shrugs superset with Standing Dumbbell Shrugs	4	12-15 + 12-15	

Cardio (PM)

30 minute walk



2015 OLYMPIA PREP

Week 6 – Thursday (AM)
Abs and Cardio

Cardio

20 minutes treadmill

20 minutes bike

20 minutes cross trainer

Exercise	Sets	Reps	Notes
Ab Crunches superset with Hanging Leg Raises	4	50 + 20	
Ab Crunch with Twist superset with Plank	4	25 + 1 minutes	



2015 OLYMPIA PREP

Week 6 – Thursday (PM)
Shoulders

Exercise	Sets	Reps	Notes
Side Dumbbell Lateral Raises	5	10-12 + 10	Drop set on each set. In the final 10 reps, slow the negative part of the movement.
Bent Over Reverse Flyes superset with Cable Rear Delt Flyes	5	10-12 + 10-12	
Giant Set: - Dumbbell Press - Smith Machine Press - Plate Front Raise	4	10-12 + 20 + 10-15	

Cardio

30 minutes low intensity walk



2015 OLYMPIA PREP

Week 6 – Friday Arms

Cardio (AM)

60 minutes power walk

Exercise	Sets	Reps	Notes
Tricep Rope Cables superset with Straight Bar Cables	1	20 + 20	Warm up set.
	5	8-10 + 8-10	Working sets.
Single Arm Tricep Cables	4	8-10	Reps are for each arm.
	1	8 + 8 + 10	Triple drop set to finish.
Overhead Cable Skull Crushers	4	8-10	
Single Arm Dumbbell Kickbacks	4	10-12	Reps are for each arm.
Close Grip Cable Bicep Curl superset with Rope Bicep Curl	1	15 + 15	
	4	8-10 + 8-10	
Olympic Barbell Curl superset with Plate Hammer Curl	4	12-15 + 12-15	
Single Arm Cable Isolation Curl	4	10	Reps are for each arm.
Dumbbell Preacher Curl	2	10-12	Reps are for each arm.
	2	10 + 10	Drop set on each arm.



2015 OLYMPIA PREP

Week 6 - Sunday Upper Body

Cardio

60 minute walk in the morning

Exercise	Sets	Reps	Notes
Seated Chest Press Machine superset with Lying Plate Loaded Machine	4	15 + 15	In both machines I pressed one arm at a time
Pec Deck superset with Seated Machine Press	4	15 + 15	
Overhand Row in Machine superset with Wide Grip Pull Down	4	15 + 15	
Seated Cable Row superset with Rope Pull Over	4	15 + 15	
Barbell Military Press superset with Side Laterals	4	15 + 15	
Shrugs superset with Cable Face Pulls	4	15 + 15	
Wide Grip Cable Bicep Curls superset with Rope Tricep Pull Downs	4	15 + 15	
Hammer Curl superset with Tricep Kickbacks	4	15 + 15	

**This is the same circuit as Week 5*



2015 OLYMPIA PREP

Week 7 – Monday
Legs

Cardio

30 minutes hill sprints

Exercise	Sets	Reps	Notes
Lying Leg Curls	2	20	Warm up sets
	3	10 – 12	
	1	10 + failure + 10	Triple drop set with middle set going to failure. Using rest pause where needed.
Straight Leg Deadlifts	1	15	
	1	12	
	1	10	
	1	8 + failure	Drop set with last set to failure.
Seated Leg Curl	2	10-12	
	2	8 + 8	Drop set
Leg Press	4	12-15	
Front Squats with Smith Machine	4	12-15	
	1	8 + failure	Drop set with last set to failure
Leg Extension	5	12-15	



2015 OLYMPIA PREP

Week 7 – Tuesday
Chest

Cardio

30 minutes Stairmaster

30 minutes incline treadmill

Exercise	Sets	Reps	Notes
Dumbbell Press	1	15	
	1	12	
	3	10-12	
	1	6-8	
Incline Smith Machine	3	10-12	
	1	8	
	1	12	3-5 seconds negative on each rep
Decline Dumbbell Flyes	4	10-12	
	1	8	3-5 seconds negative on each rep
Machine Chest Press super set with Pec Deck	7	10-12 + 12-15	
Press Up	3	To failure	



2015 OLYMPIA PREP

Week 7 - Wednesday Quads and Calves

Exercise	Sets	Reps	Notes
Seated Calf Raises	4	10	
Seated Calf Raises superset with Standing Calf Raises	4	10+10	
Single Leg Standing Calf Raises	3	30	Each set is made up of : 10 x feet straight 10 x feet pointing outwards 10 x feet pointing inwards
Leg Extension	8	20	Increase the weight each set
	1	20+15+10	Triple drop set
Leg Press	4	15	Increase the weight each set
	4	15	Decrease the weight each set
Hack Squat	4	10-12	
Single Leg Extension	3	8	Reps are for each leg
	1	8+8	Drop set

Cardio

No cardio today.



2015 OLYMPIA PREP

Week 7 – Thursday (AM)

Abs and Cardio

Cardio

20 minutes treadmill

Exercise	Sets	Reps	Notes
Hanging Leg Raises	4	To failure	
Abdominal Crunch	5	20	
Side Crunches	3	20	20 each side
Roman Chair Straight Leg Raises	4	20	
Cable Woodchop	4	15	15 each side



2015 OLYMPIA PREP

Week 7 – Thursday (PM)
Shoulders

Exercise	Sets	Reps	Notes
Arnold Press	2	15	Warm up
	3	12	
	1	10+10	Drop set
Ascending Lateral Raises	4	20, 15, 12 + 10 partials	As the reps decrease, the weight increases. Partial are with a heavy weight, keeping the dumbbell away from your side.
Rear Delt Row with Barbell	3	10 – 15	Increase the weight each set
	1	10 + 10	Drop set
Seated Single Arm Press	2	10	10 each arm
	2	10+10	10 each arm followed by 10 both arms
Single Arm Lateral Raise with Dumbbell	4	1 x 15 2 x 12 1 x 8	Reps are for each arm
Rear Delt Cable Flyes	3	15	
	1	12+12	Drop set
Dumbbell Shrugs superset with Smith Machine Shrugs	4	12+12	



2015 OLYMPIA PREP

Week 7 – Friday
Arms

Cardio

45 minute walk in the morning

Exercise	Sets	Reps	Notes
Tricep Dips	2	20	Own bodyweight
	2	10 - 12	Weighted
	1	10+10	Weighted drop set
	1	10+10+10	Weighted triple drop set
Barbell Curl	1	15+12+10	Drop set on each set
	1	12+10+8	
	1	10+10+10	
	1	8+10+10	
Cable Rope Pull Down superset with Cable EZ Bar Pushdown	3	10 - 12	
Single Arm Cable Curl	3	12	
	1	10+10+10	Triple drop set
Dumbbell Tricep Kickbacks superset with Skull Crushers with a plate	3	10 + 8	
	1	10+8 + 10+8	Drop set on each exercises
Hammer Curls	3	10-12	



2015 OLYMPIA PREP

Week 7 – Sunday

Hamstrings and Calves

Exercise	Sets	Reps	Notes
Standing Single Leg Calf Raises	3	15	Reps for each leg
Seated Calf Raises	3	15	
Single Leg Calf in Leg Press Machine	3	12 - 15	Reps for each leg
	1	10+10	Drop set. Reps for each leg.
Straight Leg Deadlift	1	15 - 20	Warm up
	3	10 - 12	Increasing the weight
	1	10+10	Drop set
Seated Leg Curl	5	10 - 12	
Lying Leg Curl	4	10 - 12	
	1	10+10	Drop set



2015 OLYMPIA PREP

Week 8 – Monday Legs

Cardio

30 minutes hill sprints

Exercise	Sets	Reps	Notes
Lying Leg Curls	2	20	Warm up sets
	3	10 – 12	
	1	10 + failure + 10	Triple drop set with middle set going to failure. Using rest pause where needed.
Straight Leg Deadlifts	1	15	
	1	12	
	1	10	
	1	8 + failure	Drop set with last set to failure.
Seated Leg Curl	2	10-12	
	2	8 + 8	Drop set
Leg Press	4	12-15	Time under tension on each rep
Front Squats with Smith Machine	4	12-15	
	1	8 + failure	Drop set with last set to failure
Leg Extension	5	12-15	Time under tension on each rep



2015 OLYMPIA PREP

Week 8 – Tuesday
Chest

Cardio

30 minutes Stairmaster

30 minutes incline treadmill

Exercise	Sets	Reps	Notes
Dumbbell Press	1	15	
	1	12	
	3	10-12	
	1	6-8	
Incline Smith Machine	3	10-12	
	1	8	
	1	12	3-5 seconds negative on each rep
Decline Dumbbell Flyes	4	10-12	
	1	8	3-5 seconds negative on each rep
Machine Chest Press super set with Pec Deck	7	10-12 + 12-15	
Press Up	3	To failure	



2015 OLYMPIA PREP

Week 8 - Wednesday
Arms

Cardio

20 minutes treadmill

20 minutes cross trainer

20 minutes spin bike

Exercise	Sets	Reps	Notes
Single Arm Bicep Curl	2	12-15	
	4	8-10	
Bent Over Isolation Curls	2	10-12	
	1	8 + to failure	Drop set, going to failure with the lighter weight
Single Arm Dumbbell Curls off bench	3	10	Reps are for each arm
Cable Preacher Curl with EZ Bar	2	10	Close grip
	2	10	Wide grip
	2	10 + to failure	Drop set, going to failure with the lighter weight
Rope Push Down	4	10-12	Increase the weight each set
Single Dumbbell Skull Crushers	4	10-12	Reps are for each arm
Dips	3	12-15	
	2	To failure	



2015 OLYMPIA PREP

***Week 8 - Thursday
Back***

Cardio

20 minutes treadmill

20 minutes cross trainer

20 minutes spin bike

Exercise	Sets	Reps	Notes
Lat Pulldown superset with Seated Row	8	20 + 20	The goal is 320 reps. Increase the weight on each super set, and as it gets tougher, use a rest pause, but don't stop until you reach 20 on each exercise.
Single Arm Dumbbell Row	3	15	Reps are for each arm
Hyper Extensions	3	15	Add weight on each set.



2015 OLYMPIA PREP

Week 8 – Friday (AM)

Abs and Cardio

Cardio

60 minutes fasted cardio

Exercise	Sets	Reps	Notes
Hanging leg raises	3	To failure	
Cable Crunches	3	To failure	
Leg Raises	3	To failure	
Woodchopper on Cables	3	To failure	



2015 OLYMPIA PREP

Week 8 – Friday (PM)
Shoulders

Exercise	Sets	Reps	Notes
Smith Machine Press superset with Front Dumbbell Raise	1	20 + 12	Warm up set
	3	10-12 + 8-10	
Side Lateral Raises with Dumbbells	1	20	Warm up set
	4	10-12 + 15-18	Each set is a drop set.
Bent Over Rear Delts with Dumbbell superset with Reverse Pec Deck	4	12-15 + 8-12	
Dumbbell Shrug superset with Rear Trap Shrug Machine	4	10-12 + 12-15	



2015 OLYMPIA PREP

Week 8 – Saturday and Sunday

Saturday – Full Body Circuit

Circuits are done before breakfast. Allow only a 60 second rest between each set

Exercise	Sets	Reps	Notes
Leg Press	3	20	
Hamstring Curl	3	20	
Leg Extension	3	20	
Straight Leg Deadlift	3	20	
Incline Chest Press	3	20	
Flat Dumbbell Press	3	20	
Cable Flyes	3	20	
Wide Grip Pull Down	3	20	
Seated Row	3	20	
Machine Row with Overhand Grip	3	20	
Dumbbell Press	3	20	
Side Lateral Raise	3	20	
Reverse Cable Flyes	3	20	
Cable Curl	3	20	
Dumbbell Hammer Curls	3	20	
Barbell Curls	3	20	
Rope Push Down	3	20	
Dumbbell Kickbacks	3	20	
EZ Bar Cable Push Down	3	20	

20 minutes steady state cardio

SUNDAY – Cardio only

1.5 hour power walk before breakfast



2015 OLYMPIA PREP

Week 9 – Monday (AM)

Exercise	Sets	Reps	Notes
Bike	1	5 minutes	
90 Seconds bike 5 Pull Ups 10 Push Ups 15 Squats	4		Repeat circuit four times
Incline Bench Press Hanging Leg Raises to Bar Sled Pulls 30 metre sprints	10	Descending	Repeat the circuit 10 times and reduce the number of reps of each exercise on each set. 10 + 9 + 8 + 7 + 6 + 5 + 4 + 3 + 2 + 1



2015 OLYMPIA PREP

Week 9 – Monday (PM)

Exercise	Sets	Reps	Notes
Flat Dumbbell Press	3	20	
Incline Barbell Press	3	20	
Cable Flyes	3	20	
Lat Pull Down	3	20	
Seated Row	3	20	
Bent Overhand Row	3	20	
Shrugs	3	20	
Lateral Raise	3	20	
Overhead Press	3	20	
Reverse Pec Deck	3	20	
Hammer Curls	3	20	
EZ Bar Curl	3	20	
Dumbbell Kickbacks	3	20	
Close Grip Smith Machine Press	3	20	

Cardio

30 minutes steady state



2015 OLYMPIA PREP

Week 9 – Tuesday

Morning Cardio

45 minute Stairmaster

30 minute abs circuit

Evening Workout

Exercise	Sets	Reps	Notes
Leg Extension	3	20	
Leg Press	3	20	
Squats	3	20	
Seated Hamstring Curl	3	20	
Straight Leg Deadlift	3	20	
Smith Machine Calf Raises	3	20	
Seated Calf Raises	3	20	

Evening cardio

30 minute incline walk on treadmill



2015 OLYMPIA PREP

Week 9 – Wednesday (AM)

Exercise	Sets	Reps	Notes
2 minutes 200 watt rowing 12 x 20kg plyometric squats 12 x bent over rows 12 x ring dips 12 x GHD sit up	4		Repeat the circuit 4 times
Front squat press Back squat press 30 metre 120kg farmers carry	4		Repeat the circuit 4 times. For each exercise, do 1 minute of work followed by 30 seconds of rest, then start the next exercise.
10kg wall ball	4	To failure	



2015 OLYMPIA PREP

Week 9 – Wednesday (PM)

Exercise	Sets	Reps	Notes
Flat Dumbbell Press	3	20	
Incline Barbell Press	3	20	
Cable Flyes	3	20	
Lat Pull Down	3	20	
Seated Row	3	20	
Bent Overhand Row	3	20	
Shrugs	3	20	
Lateral Raise	3	20	
Overhead Press	3	20	
Reverse Pec Deck	3	20	
Hammer Curls	3	20	
EZ Bar Curl	3	20	
Dumbbell Kickbacks	3	20	
Close Grip Smith Machine Press	3	20	

This is the same circuit as we did on Monday.

Cardio

30 minutes steady state



2015 OLYMPIA PREP

Week 9 – Thursday (AM)

Exercise	Sets	Reps	Notes
Hanging Leg Raises	3	To failure	
Cable Crunches <i>super set with</i> Bench Leg Raises	3	12 + 12	
Seated Abdominal Oblique Twists <i>super set with</i> Cable Woodchop	3	12 + 10	

Cardio

60 minutes Stairmaster



2015 OLYMPIA PREP

Week 9 – Thursday (PM)

Exercise	Sets	Reps	Notes
Leg Extension	3	20	
Leg Press	3	20	
Squats	3	20	
Seated Hamstring Curl	3	20	
Straight Leg Deadlift	3	20	
Smith Machine Calf Raises	3	20	
Seated Calf Raises	3	20	

This is the same circuit as we did on Tuesday.



2015 OLYMPIA PREP

Week 9 – Friday

Morning cardio

20 minute incline treadmill

20 minute spin bike

20 minute cross trainer

20 minute posing practice

Evening workout

Exercise	Sets	Reps	Notes
Bodyweight Dips	2	15 – 20	
Weighted Dips	4	To failure	Increase the weight each set
Bodyweight Dips	1	To failure	
Cable Rope Pushdown <i>superset with Dumbbell Kickbacks</i>	4	12-15 + 12-15	
Smith Machine Tricep Press	5	10	
Single Dumbbell Curl	3	20	Reps are for each arm
	1	10 + 10 + to failure	
EZ Bar Curl	4	10-12	
	1	10+10+10	
Hammer Curl Dumbbell <i>superset with Hammer Curl Plate</i>	3	10 + 12 + to failure	

Evening Cardio

20 minutes Stairmaster

20 minutes posing practice



2015 OLYMPIA PREP

Week 9 – Saturday

Full Body Circuit

Circuits are done before breakfast. Allow only a 60 second rest between each set

Exercise	Sets	Reps	Notes
Leg Press	3	20	
Hamstring Curl	3	20	
Leg Extension	3	20	
Straight Leg Deadlift	3	20	
Incline Chest Press	3	20	
Flat Dumbbell Press	3	20	
Cable Flyes	3	20	
Wide Grip Pull Down	3	20	
Seated Row	3	20	
Machine Row with Overhand Grip	3	20	
Dumbbell Press	3	20	
Side Lateral Raise	3	20	
Reverse Cable Flyes	3	20	
Cable Curl	3	20	
Dumbbell Hammer Curls	3	20	
Barbell Curls	3	20	
Rope Push Down	3	20	
Dumbbell Kickbacks	3	20	
EZ Bar Cable Push Down	3	20	

This is the same circuit as in Week 8.

Evening Cardio

1 hour low intensity walk



2015 OLYMPIA PREP

Week 9 – Sunday

Morning Cardio

1 hour fasted walk.

Evening Cardio and Workout

30 minutes Stairmaster

Exercise	Sets	Reps	Notes
Machine Abs Crunch	5	20	
Hanging Leg Raises <i>superset with</i> Cable Woodchop	5	20 + 15	15 for each side
Leg Raises from Bench <i>superset</i> <i>with</i> Dumbbell Oblique Twists	5	20 + 20	

20 minutes posing practice



2015 OLYMPIA PREP

Week 10 – Monday

Morning Cardio

20 minute hill sprints

Evening Cardio and Workout

10 minutes bike

Exercise	Sets	Reps	Notes
Leg Extension <i>superset with</i> Seated Hamstring Curl	2	20 + 20	
	2	15 + 15	
	2	10 + 10	
	2	10 + 10 + 10	Drop set with 10 reps per exercise
Leg press <i>superset with</i> Standing Straight Leg Deadlift	1	20 + 20	
	1	18 + 18	
	1	15 + 15	
	1	12 + 12	
Weighted Walking Lunges <i>superset with</i> Own Bodyweight Sissy Squats	4	10-12 + 18-20	



2015 OLYMPIA PREP

Week 10 – Tuesday

Morning Cardio

45 minute Stairmaster

Evening Cardio and Workout

Exercise	Sets	Reps	Notes
Dumbbell Shoulder Press <i>superset with</i> Reverse Dumbbell Flyes off bench	2	18-20 + 15	
	3	10-12 + 10-12	
	1	10 + 10 + 10	Drop set with 10 reps for each exercise per drop
Side Lateral Raises <i>superset with</i> Front Dumbbell Raise	4	10-12 + 10-12	Reps are for each arm
Reverse Cable Flyes <i>superset with</i> Seated Plate Side Lateral Raise	3	15 + 10-12	
Dumbbell Shrugs <i>superset with</i> Machine Shrugs	4	12-15 + 15-18	

20 mins posing practice



2015 OLYMPIA PREP

Week 10 – Wednesday (AM)

20 mins stepper

20 mins treadmill

20 mins spin bike

Exercise	Sets	Reps	Notes
Leg raise	3	20	
Abdominal crunch	3	20	
Woodchop	3	15	Reps are for each side



2015 OLYMPIA PREP

Week 10 – Wednesday (PM)

Exercise	Sets	Reps	Notes
Single Arm Dumbbell Curls	4	12-15	Reps are for each arm
Isolation Curl off Incline Bench	3	15	Reps are for each arm
Barbell Curl	3	30	Each set is made up of: - 30 close grip - 30 shoulder width - 30 wide grip
Single Arm Cable Curl	3	15	Reps are for each arm
Cable Curl	3	20	
Giant set: - Overhead Dumbbell Tricep - Rope Push Down (wide) - Rope Push Down (close) - EZ Bar Push Down - Tricep Barbell Press	3	100	20 reps per exercise. Repeat the set 3 times.



2015 OLYMPIA PREP

Week 10 – Thursday

Morning Cardio

30 minute hill sprints

Evening Workout

Exercise	Sets	Reps	Notes
Incline Barbell Press	5	20	
Flat Dumbbell Press	5	20	
Incline Dumbbell Fly	5	20	
Flat Barbell Press	5	20	
Dumbbell Pullover	3	15	
Press Up	3	To failure	

20 minutes posing practice



2015 OLYMPIA PREP

Week 10 – Friday

Morning Cardio

30-45 minute high intensity functional circuit

Evening Workout

Exercise	Sets	Reps	Notes
Assisted Wide Grip Pull Up	4	20	
Assisted Close Grip Pull Up	4	20	
Bent Over Barbell Row (Overhand Grip)	4	20	
Bent Over Barbell Row (Underhand Grip)	4	20	
Deadlifts	4	20	

20 minutes incline treadmill



2015 OLYMPIA PREP

Week 10 – Saturday

Exercise	Sets	Reps	Notes
Squats	5	20	
Leg Extensions <i>superset with Sissy Squats</i>	5	20 + 20	
Hack Squat <i>superset with Front Squat</i>	5	20 + 15-20	
Weighted Walking Lunges	3	15 - 18	Reps are for each leg
Seated Calf Raises	3	20	
Standing Calf Raise	3	20	
Single Leg Calf Raise	3	15	Own bodyweight. Reps are for each leg.



2015 OLYMPIA PREP

Week 10 – Sunday

Full Body Circuit

Circuits are done before breakfast. Allow only a 60 second rest between each set

Exercise	Sets	Reps	Notes
Leg Press	3	20	
Hamstring Curl	3	20	
Leg Extension	3	20	
Straight Leg Deadlift	3	20	
Incline Chest Press	3	20	
Flat Dumbbell Press	3	20	
Cable Flyes	3	20	
Wide Grip Pull Down	3	20	
Seated Row	3	20	
Machine Row with Overhand Grip	3	20	
Dumbbell Press	3	20	
Side Lateral Raise	3	20	
Reverse Cable Flyes	3	20	
Cable Curl	3	20	
Dumbbell Hammer Curls	3	20	
Barbell Curls	3	20	
Rope Push Down	3	20	
Dumbbell Kickbacks	3	20	
EZ Bar Cable Push Down	3	20	

This is the same circuit as in Week 9.

Evening Cardio

1 hour low intensity walk



2015 OLYMPIA PREP

Week 11 - Monday Back and Biceps

AM Cardio

20 minutes bike

20 minutes incline treadmill

20 minutes cross trainer

Exercise	Sets	Reps	Notes
Deadlift	5	12 - 15	Increasing the weight each set.
Wide Grip Pull Down	4	15 - 18	Increasing the weight each set
Close Grip Pull Down	4	15 - 18	Increasing the weight each set.
Single Arm Dumbbell Row	5	10 - 12	The reps here are for each arm.
Cable Pullover superset with Seated Row	3	15 + 12	10 reps of both exercises in each superset.
Straight Barbell Curls	4	1 x 15 1 x 10 2 x 8+8	The last two sets are drop sets, with 8 reps at both weights.
Single Arm Hammer Curl	2	2 x 6	First set was across the body, second set was straight.
Double Arm Hammer Curl	2	2 x 8	
Cable Curl	3	1 x 12 1 x 10 1 x 8+8	Last set was a drop set.



2015 OLYMPIA PREP

Week 11 - Tuesday Chest and Triceps

Cardio

60 minutes bike in the morning

Exercise	Sets	Reps	Notes
Incline Dumbbell Press	6	12 - 15	
Flat Bench Press <i>superset with</i> Tricep Rope Pushdown	4	12 - 15	
Cable Incline Flyes <i>superset with</i> Cable Tricep Pushdown	4	12 - 15	
Flat Dumbbell Flyes <i>superset with</i> EZ Bar Skull Crushers	4	12 - 15	
Dumbbell Pullovers <i>superset with</i> Dumbbell Tricep Kickbacks	4	12 - 15	

Cardio

30 minutes posing practice



2015 OLYMPIA PREP

Week 11 - Wednesday

Morning – Cardio and Abs

Cardio

- 20 minutes incline treadmill
- 20 minute cross trainer
- 20 minute stair master

Exercise	Sets	Reps	Notes
Hanging Leg Raises	3	To failure	
TRX ab crunches	4	15 – 18	
Ab crunches with plate	4	15 – 18	
Plank	4	1 minute	



2015 OLYMPIA PREP

Week 11 - Wednesday
Evening - Legs

Exercise	Sets	Reps	Notes
Walking Lunges	5	10	Reps are for each leg
Straight Leg Deadlift <i>superset with Seated Calf Raises</i>	4	10-12 + 15-20	
Seated Hamstring Curl <i>superset with Smith Machine Calf Raises</i>	4	12-15 + 20	
Lying Hamstring Curls <i>superset with Standing Calf Raises</i>	4	12-15 + 10, 10, 10	The calf raises are bodyweight with 10 raises in each of the three feet positions (pointing out, pointing forwards, pointing in).



2015 OLYMPIA PREP

Week 11 - Thursday Shoulders

Cardio

Morning cardio consisted of:

- 20 minute treadmill
- 20 minute bike
- 20 minute cross trainer

Exercise	Sets	Reps	Notes
Seated Dumbbell Press	5	15 - 18	
Military Press	5	15 - 18	
Side Lateral Raise <i>superset with</i> Reverse Cable Flyes	5	20 + 20	
Smith Machine Shrug <i>superset with</i> Dumbbell Shrug	5	20 + 20	
Bent Over Dumbbell Flyes <i>superset with</i> Machine Site Lateral Raises	5	20 + 20	

20 minutes posing practice



2015 OLYMPIA PREP

Week 11 – Friday
Arms

Cardio (AM)

60 minutes power walk

Exercise	Sets	Reps	Notes
Tricep Rope Cables superset with Straight Bar Cables	1	20 + 20	Warm up set.
	5	12-15 + 12-15	Working sets.
Single Arm Tricep Cables	4	10-12	Reps are for each arm.
	1	8 + 8 + 10	Triple drop set to finish.
Overhead Cable Skull Crushers	4	15-18	
Single Arm Dumbbell Kickbacks	4	15-18	Reps are for each arm.
Close Grip Cable Bicep Curl superset with Rope Bicep Curl	1	20 + 20	
	4	12-15 + 12-15	
Olympic Barbell Curl superset with Plate Hammer Curl	4	12-15 + 12-15	
Single Arm Cable Isolation Curl	4	10-12	Reps are for each arm.
Dumbbell Preacher Curl	2	10-12	Reps are for each arm.
	2	10 + 10	Drop set on each arm.

20 minutes posing practice



2015 OLYMPIA PREP

Week 11 – Saturday

This workout is done fasted (before breakfast).

Exercise	Sets	Reps	Notes
Flat Dumbbell Press	3	20	
Incline Barbell Press	3	20	
Cable Flyes	3	20	
Lat Pull Down	3	20	
Seated Row	3	20	
Bent Overhand Row	3	20	
Shrugs	3	20	
Lateral Raise	3	20	
Overhead Press	3	20	
Reverse Pec Deck	3	20	
Hammer Curls	3	20	
EZ Bar Curl	3	20	
Dumbbell Kickbacks	3	20	
Close Grip Smith Machine Press	3	20	

This is the same circuit as we did previously.



2015 OLYMPIA PREP

Week 11 – Sunday

Morning Cardio

45 minute Stairmaster

Evening Workout

Exercise	Sets	Reps	Notes
Leg Extension	3	20	
Leg Press	3	20	
Squats	3	20	
Seated Hamstring Curl	3	20	
Straight Leg Deadlift	3	20	
Smith Machine Calf Raises	3	20	
Seated Calf Raises	3	20	

Evening cardio

30 minute incline walk on treadmill



2015 OLYMPIA PREP

Week 12 – Monday

Full Body Circuit

Circuits are done before breakfast. Allow only a 60 second rest between each set

Exercise	Sets	Reps	Notes
Leg Press	3	20	
Hamstring Curl	3	20	
Leg Extension	3	20	
Straight Leg Deadlift	3	20	
Incline Chest Press	3	20	
Flat Dumbbell Press	3	20	
Cable Flyes	3	20	
Wide Grip Pull Down	3	20	
Seated Row	3	20	
Machine Row with Overhand Grip	3	20	
Dumbbell Press	3	20	
Side Lateral Raise	3	20	
Reverse Cable Flyes	3	20	
Cable Curl	3	20	
Dumbbell Hammer Curls	3	20	
Barbell Curls	3	20	
Rope Push Down	3	20	
Dumbbell Kickbacks	3	20	
EZ Bar Cable Push Down	3	20	



2015 OLYMPIA PREP

Week 12 - Tuesday Upper Body

Fasted circuits (before breakfast).

Exercise	Sets	Reps	Notes
Seated Chest Press Machine superset with Lying Plate Loaded Machine	4	15 + 15	In both machines I pressed one arm at a time
Pec Deck superset with Seated Machine Press	4	15 + 15	
Overhand Row in Machine superset with Wide Grip Pull Down	4	15 + 15	
Seated Cable Row superset with Rope Pull Over	4	15 + 15	
Barbell Military Press superset with Side Laterals	4	15 + 15	
Shrugs superset with Cable Face Pulls	4	15 + 15	
Wide Grip Cable Bicep Curls superset with Rope Tricep Pull Downs	4	15 + 15	
Hammer Curl superset with Tricep Kickbacks	4	15 + 15	



2015 OLYMPIA PREP

Week 12 – Wednesday

Fasted workout (before breakfast)

Exercise	Sets	Reps	Notes
Leg Extension	3	20	
Leg Press	3	20	
Squats	3	20	
Seated Hamstring Curl	3	20	
Straight Leg Deadlift	3	20	
Smith Machine Calf Raises	3	20	
Seated Calf Raises	3	20	



2015 OLYMPIA PREP

Week 12 - Thursday

Upper Body

Fasted circuits (before breakfast).

Exercise	Sets	Reps	Notes
Seated Chest Press Machine superset with Lying Plate Loaded Machine	4	15 + 15	In both machines I pressed one arm at a time
Pec Deck superset with Seated Machine Press	4	15 + 15	
Overhand Row in Machine superset with Wide Grip Pull Down	4	15 + 15	
Seated Cable Row superset with Rope Pull Over	4	15 + 15	
Barbell Military Press superset with Side Laterals	4	15 + 15	
Shrugs superset with Cable Face Pulls	4	15 + 15	
Wide Grip Cable Bicep Curls superset with Rope Tricep Pull Downs	4	15 + 15	
Hammer Curl superset with Tricep Kickbacks	4	15 + 15	

This is the same as Tuesday's workout