



# 2016 OLYMPIA PREP

*Week 1 - Monday*  
*Back and Triceps*

## *Cardio*

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Lat Pulldown	4	10 – 12	
Seated Machine Row	4 1	10 – 12 10	
Deadlift	4	10 – 12	
Seated Machine Pullover	4	10 – 12	
Single Arm Dumbbell Row	4	10	Reps are for each arm

EZ Bar Skull Crushers	5	15 – 18	
Overhead Rope Extensions	3	15 – 18	
Dumbbell Kickbacks	3	12 – 15	



# 2016 OLYMPIA PREP

## Week 1 - Tuesday Chest and Biceps

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Incline Dumbbell Press	4	10 – 12	
Single Arm Pec Deck	4 1	10 – 12 10	
Incline Dumbbell Flyes	4 1	10 – 12 10	
Upright Machine Press <i>superset with</i> Cable Cross Over	4	10 – 12	Reps are for each exercise in the super set. Go heavy on this last chest exercise!

EZ Bar Curls	4	10 – 12	
Machine Curl	4 2	10 – 12 10	
Dumbbell Isolation Curl	3	10	
Single Arm Cable Curl	3	15 – 18	



# 2016 OLYMPIA PREP

Week 1 - Wednesday

Legs and Abs

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Leg Extension	2	20	Warm up sets
Front Squats	4	10 – 12	
Leg Press	4 1	10 – 12 10	
Single Leg Extension	4 1	8 – 10 15	
Seated Leg Curl	4	10 – 12	
Lying Leg Curl	4 2	10 – 15 15	
Stiff Leg Deadlift	4	12 – 15	

Ab Crunches	3	18 – 20	
Leg Raises	3	18 – 20	
Hanging Knee Raises	3	18 – 20	



# 2016 OLYMPIA PREP

Week 1 - Thursday

Shoulders and Calves

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Lat Raise <i>superset with</i> Shoulder Press	10	15 + 15	Start with 5 reps on the first set, then increase the reps each set until you're doing 15 reps on the 10 <sup>th</sup> set.
Dumbbell Front Raise <i>superset with</i> Bent Over Rear Delt	4	10 + 10	
Dumbbell Shrug <i>superset with</i> Seated Machine Shrug	3	10 + 10	

Seated Calf Raises	4	8 – 10	
Standing Smith Machine Raises	3	8 – 10	
Leg Press Calf Press	4	20	Alternate foot position on each set between pointing inwards and pointing outwards.



# 2016 OLYMPIA PREP

Week 1 - Friday  
Arms

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Barbell Curl <i>superset with</i> Wide Grip Push Down	4	8-10 + 8-10	
Seated Dumbbell Curl <i>superset</i> <i>with</i> Seated Dumbbell Overhead Press	4	8-10 + 10-12	
Cable Hammer Curls <i>superset</i> <i>with</i> Rope Pushdown	4	10-12 + 10-12	
Isolation Curl <i>superset with</i> Seated Machine Dips	4	10-12 + 10-12	



# 2016 OLYMPIA PREP

## Week 1 - Saturday Abs

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Cable Crunch <i>superset with</i> Leg Raises	4	20 + 20	
Woodchop <i>superset with</i> Machine Crunch	4	20 + 20	Woodchop reps are for each side
Plank <i>superset with</i> Ab Roller	4	1 minute + 10	
Ab Crunch <i>superset with</i> Lying Leg Raises	4	15 + 15	

### Week 1 - Sunday

1 hour fasted cardio (X-Trainer or Bike)

No workout



# 2016 OLYMPIA PREP

## Week 2 - Monday Back and Triceps

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Hammer Pulldown	4	10 – 12	
T-Bar Row	4	10 – 12	
Close Grip Pull Down	3	8 – 10	
Wide Grip Seated Machine Row	4	10	
Deadlifts	4	10	

Wide Grip Push Downs	4	10 – 15	
Incline Rope Skull Crusher	3	12 – 15	
Dips	1 3	15 – 20 12 – 15	First set bodyweight 3 sets weighted
Lying Single Arm Dumbbell Extension	6	20	Reps are for each arm. No rest between arms or sets!



# 2016 OLYMPIA PREP

## Week 2 - Tuesday Chest Triceps

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Incline Barbell Press	5	10 – 12	First two exercises are done with added "time under tension". 4 seconds down, 2 seconds up. Slow and controlled.
Flat Smith Machine Press	4	8 – 10	
Incline Cable Flyes	4 1	10 – 12 20	Last set with a lighter weight
Flat Machine Press <i>superset with</i> Cable Crossover	3	12-15 + 20	

Seated Dumbbell Curl	4	12 – 15	
EZ Bar Cable Curl	3	15 – 18	
Hammer Bar Curl <i>superset with</i> Barbell 21s	3	12-15 + 21	





# 2016 OLYMPIA PREP

Week 2 - Wednesday

Legs

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Leg Press <i>superset with</i> Squats	4	10-12 + 12-15	
Hack Squat <i>superset with</i> Lunges	3	8-10 + 10-12	
Leg Extension <i>superset with</i> Bodyweight Sissy Squat	3	12-15 + 12-15	
Seated Leg Curl <i>superset with</i> Stiff Leg Deadlift	4	10-12 + 12-15	
<i>Tri-set:</i> - Lying Leg Curl - Adductor - Abductor	3	10 12 15	Perform these three exercises without rest.



# 2016 OLYMPIA PREP

Week 2 - Thursday

Shoulders and Calves

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Standing Barbell Press	2	18 – 20	Last set is a triple drop set
	3	10 – 12	
	1	10 + 10 + 10	
Single Cable Lat Raise	4	10	Reps are for each side
	1	10 + 10 + 10	Last set is a triple drop set
Single Arm Rear Delt Cable	4	10 - 12	Reps are for each side
Bench Supported Front Raise	4	12 – 15	
Hex Bar Shrug	4	10 – 12	Last set is a drop set
	1	10 + 10	
Rear Shrugs	4	10 – 12	

Seated Calf Raises	4	12 – 15	Last set is a triple drop set
	1	10 + 10 + 10	
Single Leg Calf Raise	3	To failure	Go to failure on each leg



# 2016 OLYMPIA PREP

Week 2 - Friday  
Arms

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Barbell Curl <i>superset with</i> Cable Isolation Curl	4	10-12 + 12-15	
Dumbbell Hammer Curl <i>superset with</i> EZ Bar Cable Curl	3	8-10 + 12-15	
Machine Curl <i>superset with</i> Bent Over Isolation Curl	4	8-10 + 15	
Close Grip Bench Press <i>superset with</i> Weighted Bench Dips	4	8-12 + 8-12	
EZ Bar Incline Skull Crusher <i>superset with</i> Overhead Dumbbell Extensions	3	8-12 + 12-15	
Wide Grip Pushdown <i>superset with</i> Rope Pushdown	3	8-12 + 15-20	



# 2016 OLYMPIA PREP

Week 2 - Saturday  
Abs

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Rope Cable Crunch <i>superset with</i> Seated Leg Raises	4	20 + 20	
TRX <i>superset with</i> Crunches off a Bench	4	20 + 20	
Sit Ups <i>superset with</i> Plank	4	20 + 1 minute	
Woodchop	4	15	Reps are for each side



# 2016 OLYMPIA PREP

## Week 2 - Sunday Full Body Circuit

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Circuit 1 - Chest Press - Dumbbell Flyes - Cable Cross Over	3	20	Reps are for each exercise.
Circuit 2 - Dumbbell Shoulder Press - Lateral Raises - Shrugs	3	20	Reps are for each exercise.
Circuit 3 - Leg Extension - Leg Press - Lunges	3	20	Reps are for each exercise.
Circuit 4 - Seated Leg Curl - Lying Leg Curl - Calf Raise	3	20	Reps are for each exercise.
Circuit 5 - EZ Bar Curl - Tricep Pushdown - Machine Curl - Skull Crushers	3	20	Reps are for each exercise.
Circuit 6 - Your 3 favourite ab exercises	3	20	Reps are for each exercise.



# 2016 OLYMPIA PREP

## Week 3 - Monday Back and Triceps

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Pull Ups	3	To failure	
Deadlifts	2	15 – 18	Warm up sets
	4	10 – 12	
Supported Dumbbell Row	4	10 – 12	
Machine Pull Down	4	10 – 12	
Wide Grip Rope Pulldown	3	10 – 12	

EZ Bar Cable Extensions	5	10 – 15	
Dumbbell Skull Crushers	4	10 – 15	
Kickback Machine	4	10 – 15	



# 2016 OLYMPIA PREP

## Week 3 - Tuesday Chest and Biceps

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Incline Dumbbell Press	1	18 – 20	Warm up set
	4	8 - 10	
Flat Barbell Bench Press	4	8 – 10	
Alternate Arm Pec Deck	4	10 – 12	Alternate arms on each rep. Reps are for each arm.
Alternate Machine Press	4	10 – 12	Alternate arms on each rep. Reps are for each arm.
Dumbbell Pullover <i>superset with</i> Cable Crossover	3	10-12 + 15-18	

Spider Curls	4	12 – 15	
Alternate Machine Curls	4	10 – 12	Alternate arms on each rep. Reps are for each arm.
Hammer Curls	4	15 – 18	



# 2016 OLYMPIA PREP

Week 3 - Wednesday  
Legs

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Leg Extension	4	12 – 15	
Squats	10	10	
Lying Leg Curl	5	12 – 15	
Seated Leg Curl	4	10 – 15	
Circuit - Hack Squat - Stiff Leg Deadlift - Lunges	3	12	Reps are for each exercise.





# 2016 OLYMPIA PREP

Week 3 - Thursday  
Shoulders

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Rack Shoulder Press	5	10 – 15	
Hex Bar Standing Press	3	10 - 12	
Machine Lateral Raises <i>superset with Heavy Partial</i> s	4	10-15 + 6-10	Finish each set with 6-10 heavier partial lateral raises
Supported Rear Dumbbell Flyes	4	8 – 12	
Plate Front Raise	4	8 – 12	
Hex Bar Shrugs	6	10 – 15	
Dumbbell Shrugs	4	8 – 12	
Machine Rear Shrugs	4	8 – 12	



# 2016 OLYMPIA PREP

Week 3 - Friday

Biceps and Triceps

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Dips	2	18 - 20	Bodyweight
	3	10 - 12	Weighted
Single Arm Cable Pushdowns	3	10 - 12	Reps are for each arm.
	1	10 + 10 + 10	Triple drop set to finish.
EZ Bar Skull Crushers	4	10 - 12	
	1	10 + 10	Dropset to finish

Single Arm Cable Curl	1	18 - 20	Warm up set
	3	10 - 12	Reps are for each arm
Hammer Curl with Bar <i>superset</i> <i>with</i> Hammer Curl with Plate	4	6-8 + 12-15	



# 2016 OLYMPIA PREP

Week 3 - Saturday  
Abs

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Hanging Leg Raises	3	To failure	
Ab Crunch Machine	5	15 – 18	
Sit Ups <i>superset with</i> Leg Raise with Medicine Ball	4	20 + 15-20	
Cable Woodchop <i>superset with</i> Straight Bar Oblique Twist	3	18-20 + 18-20	Reps are for each side
Plank	3	To failure	
Side Plank	3	1 minute each side	



# 2016 OLYMPIA PREP

## Week 3 - Sunday Circuits

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Legs - Leg Extension - Leg Press - Seated Calf Raise	3	20	Reps are for each exercise
Shoulders - Plate Loaded Press - Side Lateral Raises - Reverse Cable Flyes	3	20	Reps are for each exercise
Chest - Incline Barbell Press - Flat Dumbbell Press - Cable Flyes	3	20	Reps are for each exercise
Arms - Tricep Rope Pushdowns - Single Arm Pushdowns - Cable Curls - Dumbbell Hammer Curls	3	20	Reps are for each exercise
Back - Wide Grip Lat Pulldown - Plate Loaded Pulldowns - Seated Machine Rows	3	20	Reps are for each exercise



# 2016 OLYMPIA PREP

## Week 4 - Monday Legs

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Stiff Leg Deadlifts	2	15 – 18	Warm up sets
	4	10 – 12	
Lying Leg Curls	3	10 – 12	
	1	10 + 10 + 10	Triple dropset to finish
Single Leg Curls	4	10 – 12	
Lunges	4	10	Reps are for each leg
Leg Extension	4	12 – 15	
Leg Press	3	30	Each set is 10 reps of each foot position (normal, inwards, outwards)
Seated Calf Raise <i>superset with</i> Standing Calf Raise	5	10-15 + to failure	
Single Leg Calf Raise	4	15	Reps are for each leg



# 2016 OLYMPIA PREP

## Week 4 - Tuesday Shoulders

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Smith Machine Press <i>superset with</i> Single Arm Dumbbell Lateral Raises	5	10-15 + 12-15	
Hex Bar Press <i>superset with</i> Machine Lat Raises	4	10-12 + 8-10	
Dumbbell Front Raise	4	8 – 12	
Dumbbell Rear Flyes <i>superset with</i> Cable Rear Flyes	4	5-10 + 10-15	
Hex Bar Shrugs	5	8 – 12	
Seated Dumbbell Shrugs	4	8 – 10	



# 2016 OLYMPIA PREP

Week 4 – Wednesday  
Back

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Wide Grip Pull Ups	3	To failure	
Close Grip Pull Ups	3	To failure	
Wide Grip Pull Downs	3	10 – 12	
	1	10 + 10 + 10	Triple dropset to finish
Close Grip Pull Downs	3	10 – 12	
	1	10 + 10 + 10	Triple dropset to finish
Single Arm Dumbbell Rows	3	10 – 12	Reps are for each arm
Smith Machine Deadlift	4	10 – 12	



# 2016 OLYMPIA PREP

## Week 4 – Thursday Chest and Abs

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Decline Smith Machine Press	2	15 – 18	Warm up
	3	10 – 12	
Flat Machine Press	4	10 – 12	
Single Arm Pec Deck	4	10	Reps are for each arm
Incline Dumbbell Press	4	12	Add increased time under tension
Standing Cable Flyes <i>superset with</i> Dumbbell Pullover	4	12-15 + 12-15	

Plank <i>superset with</i> Rope Crunches	4	To failure + 15-18	
Leg Raises <i>superset with</i> Oblique Twists	4	20 + 12	Twists are 12 each side





# 2016 OLYMPIA PREP

Week 4 – Friday

Biceps and Triceps

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Rope Curl	2	20	Warm up sets
	3	10 – 12	
Single Dumbbell Curl	4	10 – 12	Reps are for each arm
Straight Bar Curl	4	10 + 10 + 10	Triple drop set on each set
Dumbbell Hammer Curl	4	10 – 12	

Weighted Dips	4	To failure	
Rope Push Down	4	12 – 15	
Dumbbell Skull Crusher	4	10 – 12	
	1	10 + 10	Drop set to finish
Single Arm Cable	6	15	Reps are for each arm



# 2016 OLYMPIA PREP

## Week 4 – Saturday Upper Body Circuits

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Circuit 1 - Wide Grip Pull Down - Seated Row - Deadlift	3	20	Reps are for each exercise
Circuit 2 - Shoulder Press - Lateral Raise - Shrugs	3	20	Reps are for each exercise
Circuit 3 - Chest Press - Cable Flyes - Incline Smith Machine Press	3	20	Reps are for each exercise
Circuit 4 - Cable Curl - Straight Bar Curl	3	20	Reps are for each exercise
Circuit 5 - Dips - Tricep Kickbacks	3	20	Reps are for each exercise



# 2016 OLYMPIA PREP

## Week 5 – Monday Chest and Biceps

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Pec Dec	2	18 – 20	Warm up sets
	4	8 – 10	
	1	10 + 10 + 10	Triple drop set to finish
Incline Dumbbell Press	5	10 – 12	
Flat Machine Press	5	8 – 10	
	1	10 + 10	Last set is a drop set
Decline Machine Press <i>superset with Cable Flyes</i>	4	10 + 12-15	
Machine Curl	5	15 – 18	
Single Arm Cable Curl	5	15 – 18	Reps are for each arm



# 2016 OLYMPIA PREP

Week 5 – Tuesday  
Back and Triceps

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Deadlifts	2	15 – 18	Warm up sets
	3	8 – 10	
	1	8 + 8 + 8	Triple drop set to finish
Bent Over Dumbbell Row	4	8 – 10	
	1	8 + 8 + 8	Triple drop set to finish
Wide Grip Pull Down	4	8 – 10	
	1	8 + 8 + 8	Triple drop set to finish
Close Grip Seated Row	4	8 – 10	
	1	8 + 8 + 8	Triple drop set to finish

Tricep Dumbbell Kickbacks	4	12 – 15	
Skull Crushers	4	12 – 15	
Rope Pushdowns	4	12 – 15	



# 2016 OLYMPIA PREP

Week 5 – Wednesday  
Shoulders

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Hex Bar Shrugs	1	18 – 20	Warm up set
	4	10 – 12	
Reverse Smith Machine Shrugs	4	10 – 12	
Dumbbell Rear Flyes <i>superset</i> <i>with</i> Cable Reverse Flyes	4	8-10 + 15-18	
Dumbbell Press	1	12 – 15	
	3	8 – 10	
Barbell Front Raise	4	10 – 12	
Dumbbell Lateral Raise <i>superset</i> <i>with</i> Machine Lateral Raise	4	8-10 + 15-18	



# 2016 OLYMPIA PREP

Week 5 – Thursday  
Arms

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
EZ Bar Cable Skull Crushers	2	15 – 18	Warm up sets
	3	8 – 10	
Close Grip Barbell Press	5	8 – 10	Extra time under tension
Machine Dips	5	10 – 12	
Dumbbell Isolation Curls	5	10	Reps are for each arm
Preacher Curl Machine	3	10 – 12	
	1	10 + 10 + 10	Triple drop set to finish
Single Arm Hammer Curl	4	10	
	1	10 + 10 + 10	Triple drop set to finish



# 2016 OLYMPIA PREP

Week 5 – Friday

Calves and Quads

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Single Leg Standing Calf Raise	4	10	Reps are for each leg
Seated Calf Raise	4	10 – 12	
Smith Machine Standing Calf Raise	4	15	
Calf Press on Leg Press machine	4	20	
Front Squat	2	18 – 20	
	4	10 – 12	
Sumo Squat	4	10 – 12	
Smith Machine Lunges	4	10	Reps are for each leg
Leg Extension	4	18 – 20	



# 2016 OLYMPIA PREP

## Week 5 – Saturday Upper Body Circuits

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Circuit 1 - Wide Grip Pull Down - Seated Row - Deadlift	3	20	Reps are for each exercise
Circuit 2 - Shoulder Press - Lateral Raise - Shrugs	3	20	Reps are for each exercise
Circuit 3 - Chest Press - Cable Flyes - Incline Smith Machine Press	3	20	Reps are for each exercise
Circuit 4 - Cable Curl - Straight Bar Curl	3	20	Reps are for each exercise
Circuit 5 - Dips - Tricep Kickbacks	3	20	Reps are for each exercise





# 2016 OLYMPIA PREP

## Week 6 - Monday Back and Triceps

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Pull Ups	3	To failure	
Deadlifts	2	15 – 18	Warm up sets
	4	10 – 12	
Supported Dumbbell Row	4	10 – 12	
Machine Pull Down	4	10 – 12	
Wide Grip Rope Pulldown	3	10 – 12	

EZ Bar Cable Extensions	5	10 – 15	
Dumbbell Skull Crushers	4	10 – 15	
Kickback Machine	4	10 – 15	

*Week 6 workouts are a repeat of Week 3*



# 2016 OLYMPIA PREP

## Week 6 - Tuesday Chest and Biceps

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Incline Dumbbell Press	1	18 – 20	Warm up set
	4	8 - 10	
Flat Barbell Bench Press	4	8 – 10	
Alternate Arm Pec Deck	4	10 – 12	Alternate arms on each rep. Reps are for each arm.
Alternate Machine Press	4	10 – 12	Alternate arms on each rep. Reps are for each arm.
Dumbbell Pullover <i>superset with</i> Cable Crossover	3	10-12 + 15-18	

Spider Curls	4	12 – 15	
Alternate Machine Curls	4	10 – 12	Alternate arms on each rep. Reps are for each arm.
Hammer Curls	4	15 – 18	

*Week 6 workouts are a repeat of Week 3*



# 2016 OLYMPIA PREP

Week 6 - Wednesday  
Legs

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Leg Extension	4	12 – 15	
Squats	10	10	
Lying Leg Curl	5	12 – 15	
Seated Leg Curl	4	10 – 15	
Circuit - Hack Squat - Stiff Leg Deadlift - Lunges	3	12	Reps are for each exercise.

Week 6 workouts are a repeat of Week 3



# 2016 OLYMPIA PREP

Week 6 - Thursday  
Shoulders

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Rack Shoulder Press	5	10 – 15	
Hex Bar Standing Press	3	10 - 12	
Machine Lateral Raises <i>superset with Heavy Partials</i>	4	10-15 + 6-10	Finish each set with 6-10 heavier partial lateral raises
Supported Rear Dumbbell Flyes	4	8 – 12	
Plate Front Raise	4	8 – 12	
Hex Bar Shrugs	6	10 – 15	
Dumbbell Shrugs	4	8 – 12	
Machine Rear Shrugs	4	8 – 12	

Week 6 workouts are a repeat of Week 3



# 2016 OLYMPIA PREP

Week 6 - Friday

Biceps and Triceps

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Dips	2	18 - 20	Bodyweight
	3	10 - 12	Weighted
Single Arm Cable Pushdowns	3	10 - 12	Reps are for each arm.
	1	10 + 10 + 10	Triple drop set to finish.
EZ Bar Skull Crushers	4	10 - 12	
	1	10 + 10	Dropset to finish

Single Arm Cable Curl	1	18 - 20	Warm up set
	3	10 - 12	Reps are for each arm
Hammer Curl with Bar <i>superset</i> <i>with</i> Hammer Curl with Plate	4	6-8 + 12-15	

Week 6 workouts are a repeat of Week 3



# 2016 OLYMPIA PREP

Week 6 - Saturday  
Abs

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Hanging Leg Raises	3	To failure	
Ab Crunch Machine	5	15 – 18	
Sit Ups <i>superset with</i> Leg Raise with Medicine Ball	4	20 + 15-20	
Cable Woodchop <i>superset with</i> Straight Bar Oblique Twist	3	18-20 + 18-20	Reps are for each side
Plank	3	To failure	
Side Plank	3	1 minute each side	

Week 6 workouts are a repeat of Week 3



# 2016 OLYMPIA PREP

## Week 6 - Sunday Circuits

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Legs - Leg Extension - Leg Press - Seated Calf Raise	3	20	Reps are for each exercise
Shoulders - Plate Loaded Press - Side Lateral Raises - Reverse Cable Flyes	3	20	Reps are for each exercise
Chest - Incline Barbell Press - Flat Dumbbell Press - Cable Flyes	3	20	Reps are for each exercise
Arms - Tricep Rope Pushdowns - Single Arm Pushdowns - Cable Curls - Dumbbell Hammer Curls	3	20	Reps are for each exercise
Back - Wide Grip Lat Pulldown - Plate Loaded Pulldowns - Seated Machine Rows	3	20	Reps are for each exercise

Week 6 workouts are a repeat of Week 3



# 2016 OLYMPIA PREP

## Week 7 - Monday Back and Abs

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Wide Grip Pull Ups	3	To failure	
Wide Grip Pull Down	4	10 – 12	Warm up sets
	1	10 + 10 + 10	Triple drop set
Single Arm Seated Row	4	10 – 12	Reps are for each arm
Overhead Machine Row	4	12 – 15	
Deadlifts	4	8 – 10	
	1	12 – 15	
Hyper Extension	4	To failure	Add weight if you can do more than 15 – 20

Seated Ab Crunch <i>superset with Plank</i>	4	To failure	
Lying Leg Raise <i>superset with Weighted Ab Crunch</i>	4	To failure	
Side Plank <i>superset with Roman Chair Leg Raise</i>	4	To failure	





# 2016 OLYMPIA PREP

## Week 7 - Tuesday Chest and Calves

### Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Incline Cable Flyes	1	20	Warm up set
	4	10 – 12	
	1	10 + 10	Drop set to finish
Flat Dumbbell Press	3	10 – 12	
	1	8 + 10 + 12	Triple drop set to finish
Decline Press Machine	3	10 – 12	
	1	8 + 10 + 12	Triple drop set to finish
Wide Grip Barbell Press <i>superset with Dumbbell Pullovers</i>	4	12-15 + 12-15	

Single Leg Calf Raise	4	To failure	
Smith Machine Calf Press	4	15 – 18	
Seated Calf Raise <i>superset with Standing Bodyweight Raises</i>	4	8-10 + To Failure	



# 2016 OLYMPIA PREP

Week 7 - Wednesday

Legs

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Back Squat <i>superset with</i> Leg Press	2	15 + 20	Warm up sets
	3	8-20 + 20	
	1	8 + To failure	
Straight Leg Deadlift <i>superset with</i> Seated Hamstring Curl	4	12-15 + 20	
Hack Squat <i>superset with</i> Leg Extension	4	8-10 + 20	Slow and controlled on each rep
Barbell Lunges <i>superset with</i> Lying Hamstring Curl	4	8 + 20	Lunges are 8 per leg



# 2016 OLYMPIA PREP

Week 7 - Thursday  
Arms and Abs

## Cardio

1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Wide Grip Tricep Pushdown	2	15	
	3	8 – 10	
Smith Machine Tricep Press	1	10 – 12	Increase the weight each set
	3	8 – 10	
	2	6 – 8	
	1	To failure	Drop the weight and use extra time under tension
Reverse Grip Single Arm Cable Pushdown	4	10 – 12	Reps are for each arm
V-Bar Cable Pushdown	4	10 – 12	Use extra time under tension
Seated Preacher Curl with EZ Bar	1	12 – 15	
	3	8 – 10	

Seated Dumbbell Curl	4	10	Reps are for each arm
Seated Dumbbell Hammer Curl <i>superset with</i> Overhand Straight Barbell Curl	5	10 + To failure	Hammer – reps are for each arm. Barbell – add more weight if you're going above 15-20 reps

Hanging Leg Raise with Oblique Twist	4	To failure	
--------------------------------------	---	------------	--



# 2016 OLYMPIA PREP

*Week 7 - Thursday*  
*Arms and Abs*

Cable Rope Crunch <i>superset with</i> Lying Bench Leg Raise	4	20 + 20	
Dumbbell Oblique Twist <i>superset with</i> Assisted Leg Raise Machine	4	10-12 + 20	Twists are 10-12 each side
<ul style="list-style-type: none"><li>- Plank</li><li>- Left Side Plank</li><li>- Right Side Plank</li></ul>	4	1 minute per position	



# 2016 OLYMPIA PREP

## Week 7 - Friday Shoulders

### Cardio

- 1 hour fasted cardio (X-Trainer or Bike)
- 15 minutes posing practice

Exercise	Sets	Reps	Notes
Circuit <ul style="list-style-type: none"><li>- Shoulder Press</li><li>- Side Lateral Raise</li><li>- Dumbbell Front Raise</li></ul>	3	20 per exercise	Increase the weight each circuit
Machine Shoulder Press	4	8 – 10	
	1	8 + 10 + 12	
Reverse Pec Deck	1	12 – 15	
	3	8 – 10	
	1	8 + 10 + 12	Triple drop set to finish
Reverse Dumbbell Flye	4	15 – 18	
Dumbbell Lateral Raise <i>superset</i> <i>with</i> Front Barbell Raise	4	8-10 + 15-18	
HEX Bar Shrug	5	8 – 10	
Smith Machine Shrug	4	12 – 15	

### Post Workout Cardio

- 30 minutes Stairmaster



# 2016 OLYMPIA PREP

## Week 8 – Monday Back and Abs

### Morning Cardio

- 1 hour fasted cardio (X-Trainer or Bike)
- 20 minutes posing practice

Exercise	Sets	Reps	Notes
Bent Over Dumbbell Rows <i>superset with</i> Deadlifts	5	8-10 + 18-20	
Underhand Machine Row <i>superset with</i> Overhand Machine Row	4	12-15 + 12-15	
Wide Grip Pull Ups	3	12 – 15	Assisted if required
Wide Grip Pull Downs	3	12 – 15	
	1	10 + 10 + 10	Triple drop set to finish
Seated Cable Rows	4	20	

Plank	2	2 minutes	60 seconds rest
	2	1 minute	30 seconds rest
Ab twist with medicine ball	3	12	Reps for each side
Sit Ups	3	30	
Leg Raises off Bench	3	20	
TRZ knee crunch	3	20	



# 2016 OLYMPIA PREP

## Week 8 – Tuesday Chest and Calves

### Morning Cardio

- 1 hour fasted cardio (X-Trainer or Bike)
- 20 minutes posing practice

Exercise	Sets	Reps	Notes
Circuit - Flat Press - Incline Press - Decline Press	1	18 – 20	Reps are per exercise
	2	8 – 10	
	1	12 – 15	
	1	20	
Flat Press <i>superset with</i> Flat Flyes	4	8	Alternate between exercises every 2 reps (so 2 press, 2 flye, 2 press etc).
Pec Deck <i>superset with</i> Incline Dumbbell Press	4	15-18 + 15-18	
Single Arm Machine Press <i>superset with</i> Seated Calf Raise	4	10 + 8-10	Press reps are for each pec
Single Leg Smith Machine Calf Raise	4	10 – 12	Reps are for each leg
Calf Extension on Leg Press Machine	4	12 – 15	



# 2016 OLYMPIA PREP

Week 8 – Wednesday  
Arms

## Morning Cardio

- 1 hour fasted cardio (X-Trainer or Bike)
- 15 minutes posing practice

Exercise	Sets	Reps	Notes
EZ Bar Overhead Cable Tricep Extension	1	18 – 20	
	3	10 – 12	
	1	10 + 10	Drop set to finish
Single Arm Cable Tricep Pushdown	4	10 – 12	Overhand grip
	4	10 – 12	Underhand grip
Single Arm Dumbbell Extension	3	10	Reps are for each arm
Dumbbell Kickbacks	4	10 – 12	
Dumbbell Hammer Curl <i>superset with</i> Hammer Barbell Curl	1	12-15 + 12-15	
	3	8-10 + 12-15	
Single Arm Cable Curl	4	8 – 10	
Standing Barbell Curl	4	10 + 12 + 15	Triple drop set on each set

## Post-Workout Cardio

20 minutes posing practice





# 2016 OLYMPIA PREP

*Week 8 – Thursday*

*Legs*

## *Morning Cardio*

- 1 hour fasted cardio (X-Trainer or Bike)
- 20 minutes posing practice

Exercise	Sets	Reps	Notes
Leg Extension	10	20	
Lying Hamstring Curl	10	10	
Smith Machine Squat	5	20	
Seated Hamstring Curl	5	20	
Single Leg Press	5	20	Reps are for each leg

Minimal rest periods for a high intensity workout. 700 reps in total!



# 2016 OLYMPIA PREP

Week 8 – Friday

Shoulders and Abs

## Morning Cardio

- 1 hour fasted cardio (X-Trainer or Bike)
- 20 minutes posing practice

Exercise	Sets	Reps	Notes
Circuit - Plank - Left Side Plank - Right Side Plank	3	2 minutes each position	
Sit Ups	4	50	
Weighted Cable Crunch	3	20	
	1	20 + 20	Drop set to finish
Oblique Twist with Dumbbell	3	18 – 20	Reps are for each side
Leg Raise	3	To failure	
Machine Shrugs	1	20	
	3	12 – 15	
	1	20	
Reverse Smith Machine Shrugs	4	12 – 15	
Reverse Pec Deck <i>superset with</i> Rear Dumbbell Flye	4	10-12 + 10-12	
Dumbbell Shoulder Press <i>superset with</i> Machine Press	4	10-12 + 10-12	
Dumbbell Flyes <i>superset with</i> Machine Flyes	4	10-12 + 10-12	



# 2016 OLYMPIA PREP

Week 8 – Saturday and Sunday

## Saturday

- Rest, refeed and recover

## Sunday – Biceps and Triceps

### Morning Cardio

- 1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Weighted Dips	2	20	
	3	8 – 10	
	1	8 + 8 + 8	Triple drop set
Single Cable Pushdown	4	8 – 10	Reps are for each arm
Barbell Tricep Press	3	8 – 10	
	1	10 + 10 + 10	Triple drop set
Machine Dips <i>superset with</i> Rope Pushdown	4	20 + 20	
Dumbbell Isolation Curl	2	15	Reps are for each arm
	3	8 – 10	Reps are for each arm
Single Arm Cable Hammer Curls	4	12 – 15	Reps are for each arm
EZ-Bar curl	4	12 – 15	
Rope Hammer Curl <i>superset with</i> Straight Barbell Curl	3	15 + 15	

## Post workout

- 30 minutes posing practice



# 2016 OLYMPIA PREP

Week 9 – Monday  
Back and Abs

## Morning Cardio

- 1 hour fasted cardio (X-Trainer or Bike)

Exercise	Sets	Reps	Notes
Wide Grip Pull Down	2	20	Warm up exercise
Wide Grip Pull Up	4	To failure	Add weight if needed, but 18-20 reps max.
Single Arm Row Machine	4	10 – 12	Reps are for each arm
Seated Close Grip Row	5	18 – 20	
Wide Grip Pull Down	4	12 – 15	
Bent Over Barbell Row with overhand grip	4	10 – 12	
Rack Deadlifts	5	20	Slow and controlled on each rep
Plank circuit - 2 mins regular plank - 2 mins left side plank - 2 mins right side plank	2		
Ab Crunches <i>superset with</i> Lying Leg Raises	5	20 + 20	
Medicine Ball Twist <i>superset with</i> Rope Crunch	5	20 + 20	
Hanging Leg Raises with oblique twist	4	8 – 10	Reps for each oblique



# 2016 OLYMPIA PREP

## Week 9 – Tuesday Chest and Calves

### Morning Cardio

- 1 hour fasted cardio (X-Trainer or Bike)
- 20 minutes posing practice

Exercise	Sets	Reps	Notes
Barbell Bench Press	2	18 – 20	
	3	8 – 10	
Incline Barbell Bench Press	1	18 – 20	
	4	6 – 8	
Decline Smith Machine Press	1	18 – 20	
	3	6 – 8	
	1	10 + 10 + 10	Triple drop set
Flat Dumbbell Flye	3	10 – 12	
	1	10 + 10 + 10	Triple drop set
Incline Dumbbell Flye	3	10 – 12	
	1	10 + 10 + 10	Triple drop set
Decline Dumbbell Flye	3	10 – 12	
	1	10 + 10 + 10	Triple drop set
Standing Single Calf Raise	3	15	Reps are for each leg
Smith Machine Calf Raise	4	10 – 12	
	1	10 + 10 + 10	Triple drop set
Seated single calf raise	4	10 – 12	Reps are for each leg



# 2016 OLYMPIA PREP

Week 9 – Wednesday

Legs

## Morning Cardio

- 1 hour fasted cardio (X-Trainer or Bike)
- 20 minutes posing practice

Exercise	Sets	Reps	Notes
Straight Leg Deadlift	2	18 – 20	Warm up sets
	3	8 – 10	
Squats	2	10 – 12	
	2	8 – 10	
	2	6 – 8	
Lying Hamstring Curl	2	10 – 12	
	2	8 – 10	
	2	10 + 10	Drop sets
Leg Press	2	15 – 18	
	2	10 – 12	
	1	8 + 10 + 12	Triple drop set (decrease the weight, increase the reps)
Seated Single Hamstring Curl	2	15 – 18	Reps are for each leg
	3	8 – 10	
Single Leg Extension	3	12 – 15	Reps are for each leg
	1	10 + 10	Drop set. Reps are for each leg

## Post workout

- 30 minutes walk



# 2016 OLYMPIA PREP

Week 9 – Thursday  
Arms

## Morning Cardio

- 1 hour fasted cardio (X-Trainer or Bike)
- 20 minutes posing practice

Exercise	Sets	Reps	Notes
Single Arm Dumbbell Skull Crusher on Flat Bench	1	20	Reps are for each arm
	1	15	
	1	12	
	1	10 + 10	Drop set
Dumbbell Hammer Curl	1	15 - 20	
	3	8 – 10	
	1	8 + 8 + 8	Triple drop set
Weighted Dips	3	12 – 15	
	1	10 + 10 + 10	Triple drop set
EZ Bar Cable Curl	2	8 – 10	
	2	10 – 12	
	2	12 - 15	
Rope Cable Pushdown	4	12 – 15	
Dumbbell Preacher Curl	4	12 – 15	

## Post workout

- 30 minutes cardio



# 2016 OLYMPIA PREP

Week 9 – Friday

Shoulders and Abs

## Morning Cardio

- 1 hour fasted cardio (X-Trainer or Bike)
- 20 minutes posing practice

Exercise	Sets	Reps	Notes
Dumbbell Shoulder Press	2	20	Warm up sets
	3	8 – 10	
Side Lateral Raises	5	10 – 12	
Single Arm Dumbbell Front Raise	4	10	Reps are for each arm
Cable Rear Flyes	4	12 – 15	
Smith Machine Shurgs <i>superset with</i> Rear Smith Machine Shrugs	4	15 + 15	
Plank circuit <ul style="list-style-type: none"><li>- Front plank</li><li>- Left side plank</li><li>- Right side plank</li></ul>	2	2 mins each position	
Hanging Leg Raise <i>superset with</i> Lying Leg Raise off bench	3	To failure + 20	
Oblique Woodchop	4	20	Reps are for each side





# 2016 OLYMPIA PREP

Week 9 – Saturday and Sunday

## Saturday – Active Rest Day

### Morning Cardio

- 1 hour fasted cardio (X-Trainer or Bike)
- 20 minutes posing practice

## Sunday - Arms

### Morning Cardio

- 30 minute high intensity functional circuit

Exercise	Sets	Reps	Notes
Dumbbell Curls <i>superset with</i> Tricep Kickbacks	4	10 + 10	Reps are for each arm in each exercise
Tricep Dips <i>superset with</i> EZ Barbell Curl	4	20 + 20	Reach 20 dips, even if you need to use rest-pause
Rope Cable Curl <i>superset with</i> Cable Skull Crusher	4	10-12 + 10-12	
Straight Bar Pushdowns <i>superset with</i> Machine Preacher Curls	4	12-15 + 12-15	



# 2016 OLYMPIA PREP

## Week 9 – Saturday and Sunday

### Saturday – Active Rest Day

#### Morning Cardio

- 1 hour fasted cardio (X-Trainer or Bike)
- 20 minutes posing practice

### Sunday - Arms

#### Morning Cardio

- 30 minute high intensity functional circuit

Exercise	Sets	Reps	Notes
Dumbbell Curls <i>superset with</i> Tricep Kickbacks	4	10 + 10	Reps are for each arm in each exercise
Tricep Dips <i>superset with</i> EZ Barbell Curl	4	20 + 20	Reach 20 dips, even if you need to use rest-pause
Rope Cable Curl <i>superset with</i> Cable Skull Crusher	4	10-12 + 10-12	
Straight Bar Pushdowns <i>superset with</i> Machine Preacher Curls	4	12-15 + 12-15	



# 2016 OLYMPIA PREP

*Week 10 – Monday, Wednesday,  
Friday, Sunday - Upper Body  
Circuits*

Exercise	Sets	Reps	Notes
<b>Circuit 1</b> Wide Grip Pull Down Close Grip Pull Down Deadlift	3	20	Reps are for each exercise
<b>Circuit 2</b> Dumbbell Lateral Raises Smith Machine Shoulder Press Pec Deck Reverse Fly	3	20	Reps are for each exercise
<b>Circuit 3</b> Cable Fly Flat Machine Press Incline Dumbbell Press	3	20	Reps are for each exercise
<b>Circuit 4</b> Dumbbell Curl EZ Bar Curl Rope Curl	3	20	Reps are for each exercise
<b>Circuit 5</b> Tricep Rope Pushdowns Straight Bar Pushdowns Tricep Dip Machine	3	20	Reps are for each exercise

## *Post-Workout High Intensity Cardio*

### **Repeat 5 times:**

- 1 minutes skipping
- 100 metre sprint
- 1 minutes rest



# 2016 OLYMPIA PREP

*Week 10 – Monday, Wednesday,  
Friday, Sunday - Upper Body  
Circuits*

Exercise	Sets	Reps	Notes
<b>Circuit 1</b> Wide Grip Pull Down Close Grip Pull Down Deadlift	3	20	Reps are for each exercise
<b>Circuit 2</b> Dumbbell Lateral Raises Smith Machine Shoulder Press Pec Deck Reverse Fly	3	20	Reps are for each exercise
<b>Circuit 3</b> Cable Fly Flat Machine Press Incline Dumbbell Press	3	20	Reps are for each exercise
<b>Circuit 4</b> Dumbbell Curl EZ Bar Curl Rope Curl	3	20	Reps are for each exercise
<b>Circuit 5</b> Tricep Rope Pushdowns Straight Bar Pushdowns Tricep Dip Machine	3	20	Reps are for each exercise

## *Post-Workout High Intensity Cardio*

### **Repeat 5 times:**

- 1 minutes skipping
- 100 metre sprint
- 1 minutes rest



# 2016 OLYMPIA PREP

*Week 10 – Monday, Wednesday,  
Friday, Sunday - Upper Body  
Circuits*

Exercise	Sets	Reps	Notes
<b>Circuit 1</b> Wide Grip Pull Down Close Grip Pull Down Deadlift	3	20	Reps are for each exercise
<b>Circuit 2</b> Dumbbell Lateral Raises Smith Machine Shoulder Press Pec Deck Reverse Fly	3	20	Reps are for each exercise
<b>Circuit 3</b> Cable Fly Flat Machine Press Incline Dumbbell Press	3	20	Reps are for each exercise
<b>Circuit 4</b> Dumbbell Curl EZ Bar Curl Rope Curl	3	20	Reps are for each exercise
<b>Circuit 5</b> Tricep Rope Pushdowns Straight Bar Pushdowns Tricep Dip Machine	3	20	Reps are for each exercise

## *Post-Workout High Intensity Cardio*

### **Repeat 5 times:**

- 1 minutes skipping
- 100 metre sprint
- 1 minutes rest



# 2016 OLYMPIA PREP

*Week 10 – Monday, Wednesday,  
Friday, Sunday - Upper Body  
Circuits*

Exercise	Sets	Reps	Notes
<b>Circuit 1</b> Wide Grip Pull Down Close Grip Pull Down Deadlift	3	20	Reps are for each exercise
<b>Circuit 2</b> Dumbbell Lateral Raises Smith Machine Shoulder Press Pec Deck Reverse Fly	3	20	Reps are for each exercise
<b>Circuit 3</b> Cable Fly Flat Machine Press Incline Dumbbell Press	3	20	Reps are for each exercise
<b>Circuit 4</b> Dumbbell Curl EZ Bar Curl Rope Curl	3	20	Reps are for each exercise
<b>Circuit 5</b> Tricep Rope Pushdowns Straight Bar Pushdowns Tricep Dip Machine	3	20	Reps are for each exercise

## *Post-Workout High Intensity Cardio*

### **Repeat 5 times:**

- 1 minutes skipping
- 100 metre sprint
- 1 minutes rest



# 2016 OLYMPIA PREP

*Week 10 – Tuesday, Thursday and Saturday - Lower Body Circuits*

Exercise	Sets	Reps	Notes
<b>Circuit 1</b> Squats Leg Press Leg Extensions Lunges	3	20	Reps are for each exercise
<b>Circuit 2</b> Lying Leg Curl Seated Hamstring Curl Stiff Leg Deadlift Lunges	3	20	Reps are for each exercise
<b>Circuit 3</b> Seated Calf Raise Smith Machine Calf Raises Single Leg Calf Raise Leg Press Calf Raise	3	20	Reps are for each exercise

## *Post-Workout High Intensity Cardio*

### **Repeat 5 times:**

- 1 minutes skipping
- 100 metre sprint
- 1 minutes rest



# 2016 OLYMPIA PREP

*Week 10 – Tuesday, Thursday and Saturday - Lower Body Circuits*

Exercise	Sets	Reps	Notes
<b>Circuit 1</b> Squats Leg Press Leg Extensions Lunges	3	20	Reps are for each exercise
<b>Circuit 2</b> Lying Leg Curl Seated Hamstring Curl Stiff Leg Deadlift Lunges	3	20	Reps are for each exercise
<b>Circuit 3</b> Seated Calf Raise Smith Machine Calf Raises Single Leg Calf Raise Leg Press Calf Raise	3	20	Reps are for each exercise

## *Post-Workout High Intensity Cardio*

### **Repeat 5 times:**

- 1 minutes skipping
- 100 metre sprint
- 1 minutes rest





# 2016 OLYMPIA PREP

*Week 10 – Tuesday, Thursday and Saturday - Lower Body Circuits*

Exercise	Sets	Reps	Notes
<b>Circuit 1</b> Squats Leg Press Leg Extensions Lunges	3	20	Reps are for each exercise
<b>Circuit 2</b> Lying Leg Curl Seated Hamstring Curl Stiff Leg Deadlift Lunges	3	20	Reps are for each exercise
<b>Circuit 3</b> Seated Calf Raise Smith Machine Calf Raises Single Leg Calf Raise Leg Press Calf Raise	3	20	Reps are for each exercise

## *Post-Workout High Intensity Cardio*

### **Repeat 5 times:**

- 1 minutes skipping
- 100 metre sprint
- 1 minutes rest



# 2016 OLYMPIA PREP

*Week 10 – Tuesday, Thursday and Saturday - Lower Body Circuits*

Exercise	Sets	Reps	Notes
<b>Circuit 1</b> Squats Leg Press Leg Extensions Lunges	3	20	Reps are for each exercise
<b>Circuit 2</b> Lying Leg Curl Seated Hamstring Curl Stiff Leg Deadlift Lunges	3	20	Reps are for each exercise
<b>Circuit 3</b> Seated Calf Raise Smith Machine Calf Raises Single Leg Calf Raise Leg Press Calf Raise	3	20	Reps are for each exercise

## *Post-Workout High Intensity Cardio*

### **Repeat 5 times:**

- 1 minutes skipping
- 100 metre sprint
- 1 minutes rest



# 2016 OLYMPIA PREP

Week 11 – Monday  
Back and Abs

## Cardio

1-hour low intensity fasted cardio

Exercise	Sets	Reps	Notes
Wide Grip Pull Ups	3	To failure	
Wide Grip Pull Down	4	10 – 12	
	1	10 + 10 + 10	Triple drop set
Single Arm Seated Rows	4	10 – 12	
Machine Row	4	12 – 15	Overhand grip
Deadlift	4	8 – 10	
	1	12 – 15	
Hyper Extension	4	To failure	If you're doing more than 15-20 reps, add weight.
Seated Ab Crunch <i>superset with</i> Plank	4	15 + 1 minute	
Lying Bench Leg Raise <i>superset with</i> Weighted Ab Crunches	4	15 + 15	
Side Plank <i>superset with</i> Roman Chair Leg Raise	4	1 minute + 15	Alternate side planks each set



# 2016 OLYMPIA PREP

Week 11 – Tuesday  
Chest and Calves

## Cardio

- 20 minutes Stairmaster
- 20 minutes treadmill
- 20 minutes bike

Exercise	Sets	Reps	Notes
Incline Cable Flyes	1	20	Warm up set
	4	12 – 12	
	1	10 + 10	Drop set
Flat Dumbbell Press	3	10 – 12	
	1	8 + 10 + 12	Triple drop set
Decline Press Machine	3	10 – 12	
	1	8 + 10 + 12	Triple drop set
Wide Grip Barbell Press <i>superset with</i> Dumbbell Press	4	12-15 + 12-15	
Single Leg Calf Raise	4	To failure	Failure on each calf for each set
Smith Machine Calf Press	4	15 – 18	
Seated Calf Raise <i>superset with</i> Standing Bodyweight Raise	4	8-10 + to failure	



# 2016 OLYMPIA PREP

Week 11 – Wednesday

Legs

## Cardio

30 minutes low intensity cardio

Exercise	Sets	Reps	Notes
Back Squats <i>superset with</i> Leg Press	2	15 + 20	
	3	8-10 + 20	
	1	8 + to failure	
Straight Leg Deadlift <i>superset with</i> Seated Hamstring Curl	4	12-15 + 20	
Hack Squat <i>superset with</i> Leg Extension	4	8-10 + 20	
Barbell Lunges <i>superset with</i> Lying Hamstring Curl	4	8 + 20	Lunges are 8 per leg

## Post-workout

30 minutes posing practice



# 2016 OLYMPIA PREP

Week 11 – Thursday  
Arms and Abs

**Cardio** - 1 hour fasted cardio

Exercise	Sets	Reps	Notes
Wide Grip Tricep Pushdown	2	15	
	3	8 – 10	
Smith Machine Tricep Press	1	10 – 12	
	3	8 – 10	
	2	6 – 8	
	1	To failure	Using extra time under tension
Single Arm Cable Pushdown	4	10 – 12	
V-Bar Cable Pushdown	4	10 – 12	Using extra time under tension
EZ Bar Preacher Curl	1	12 – 15	
	3	8 – 10	
Seated Dumbbell Hammer Curl <i>superset with</i> Straight Barbell Curl	5	10 + to failure	Hammer curls are 10 each arm. Barbell curl is overhead grip.
Hanging Leg Raise with Twist	4	To failure	
Cable Rope Crunch <i>superset with</i> Lying Bench Leg Raise	4	20 + 20	
Dumbbell Oblique Twist <i>superset with</i> Assisted Leg Raise Machine	4	20 + 20	
Plank Circuit - Plank - Right Side Plank - Left Side Plank	4	1 minute each position	

**Post-workout** - 30 minutes posing practice



# 2016 OLYMPIA PREP

Week 11 – Friday  
Shoulders

## Cardio

- 1 hour fasted cardio
- 15 minutes posing practice

Exercise	Sets	Reps	Notes
<b>Shoulder Circuit</b> <ul style="list-style-type: none"><li>- Shoulder Press</li><li>- Side Lateral Raises</li><li>- Dumbbell Front Raises</li></ul>	3	20 each exercise	Increase the weights on each circuit, and keep rest to a minimum.
Machine Shoulder Press	4	8 – 10	
	1	8 + 10 + 12	Triple drop set
Reverse Pec Deck	1	12 – 15	
	3	8 – 10	
	1	8 + 10 + 12	
Reverse Dumbbell Flyes	4	15 – 18	
Dumbbell Lateral Raise <i>superset</i> with Front Barbell Raise	4	8-10 + 15-18	
HEX Bar Shrugs	5	8 – 10	
Smith Machine Shrug	4	12 – 15	

## Post-workout

30 minutes Stairmaster



# 2016 OLYMPIA PREP

## Week 11 – Saturday and Sunday

### Saturday

- **Morning** – 60 minutes fasted cardio
- **Evening** – 30 – 45 minutes posing practice

### Sunday – Arms

- 1 hour fasted cardio
- 15 minutes posing practice

Exercise	Sets	Reps	Notes
Tricep Rope Pushdown	2	18 – 20	
	3	10 – 12	
	1	10 + 10	Drop set
EZ Bar Skull Crusher	4	8 – 10	
Overhead Dumbbell Skull Crusher	4	10 – 12	
Close Grip Smith Machine Press	3	8 – 10	
	1	8 + 10 + 12	Triple drop set
Single Arm Cable Pushdown	4	10 – 12	Reps are for each arm
Dumbbell Hammer Curl	4	8 – 10	Reps are for each arm
	1	8 + failure	Finish double arms reps to failure
Machine Preacher Curl	4	10 – 12	
	1	10 + 10 + 10	Triple drop set
Single Arm Isolation Cable Curl	5	12 – 15	
EZ Bar Curl	3	18 – 20	





# 2016 OLYMPIA PREP

## Week 11 – Saturday and Sunday

### Saturday

- **Morning** – 60 minutes fasted cardio
- **Evening** – 30 – 45 minutes posing practice

### Sunday – Arms

- 1 hour fasted cardio
- 15 minutes posing practice

Exercise	Sets	Reps	Notes
Tricep Rope Pushdown	2	18 – 20	
	3	10 – 12	
	1	10 + 10	Drop set
EZ Bar Skull Crusher	4	8 – 10	
Overhead Dumbbell Skull Crusher	4	10 – 12	
Close Grip Smith Machine Press	3	8 – 10	
	1	8 + 10 + 12	Triple drop set
Single Arm Cable Pushdown	4	10 – 12	Reps are for each arm
Dumbbell Hammer Curl	4	8 – 10	Reps are for each arm
	1	8 + failure	Finish double arms reps to failure
Machine Preacher Curl	4	10 – 12	
	1	10 + 10 + 10	Triple drop set
Single Arm Isolation Cable Curl	5	12 – 15	
EZ Bar Curl	3	18 – 20	



# 2016 OLYMPIA PREP

Week 12 – Monday and Tuesday  
Full Body Circuits

**Cardio** - 1 hour fasted cardio

Exercise	Sets	Reps	Notes
<b>Circuit 1</b> Dumbbell Shoulder Press Lat Pull Down Flat Dumbbell Press	3	15	Reps are for each exercise
<b>Circuit 2</b> Machine Lateral Raise Seated Row Incline Barbell Press	3	15	Reps are for each exercise
<b>Circuit 3</b> Cable Rear Delt Fly Bent Over Barbell Row Cable Flyes	3	15	Reps are for each exercise
<b>Circuit 4</b> Cable Curl Rope Pushdown	3	15	Reps are for each exercise
<b>Circuit 5</b> EZ Bar Curl Tricep Extension	3	15	Reps are for each exercise
<b>Circuit 6</b> Squats Leg Press Leg Extensions Lunges	3	15	Reps are for each exercise
<b>Circuit 7</b> Lying Leg Curl Seated Hamstring Curl Stiff Leg Deadlift Lunges	3	15	Reps are for each exercise
<b>Circuit 8</b> Seated Calf Raise Smith Machine Calf Raises Single Leg Calf Raise Leg Press Calf Raise	3	15	Reps are for each exercise



# 2016 OLYMPIA PREP

Week 12 – Monday and Tuesday  
Full Body Circuits

**Cardio** - 1 hour fasted cardio

Exercise	Sets	Reps	Notes
<b>Circuit 1</b> Dumbbell Shoulder Press Lat Pull Down Flat Dumbbell Press	3	15	Reps are for each exercise
<b>Circuit 2</b> Machine Lateral Raise Seated Row Incline Barbell Press	3	15	Reps are for each exercise
<b>Circuit 3</b> Cable Rear Delt Fly Bent Over Barbell Row Cable Flyes	3	15	Reps are for each exercise
<b>Circuit 4</b> Cable Curl Rope Pushdown	3	15	Reps are for each exercise
<b>Circuit 5</b> EZ Bar Curl Tricep Extension	3	15	Reps are for each exercise
<b>Circuit 6</b> Squats Leg Press Leg Extensions Lunges	3	15	Reps are for each exercise
<b>Circuit 7</b> Lying Leg Curl Seated Hamstring Curl Stiff Leg Deadlift Lunges	3	15	Reps are for each exercise
<b>Circuit 8</b> Seated Calf Raise Smith Machine Calf Raises Single Leg Calf Raise Leg Press Calf Raise	3	15	Reps are for each exercise



# 2016 OLYMPIA PREP

*Week 12 – Wednesday and  
Thursday – Upper Body Circuits*

Exercise	Sets	Reps	Notes
<b>Circuit 1</b> Dumbbell Shoulder Press Lat Pull Down Flat Dumbbell Press	3	15	Reps are for each exercise
<b>Circuit 2</b> Machine Lateral Raise Seated Row Incline Barbell Press	3	15	Reps are for each exercise
<b>Circuit 3</b> Cable Rear Delt Fly Bent Over Barbell Row Cable Flyes	3	15	Reps are for each exercise
<b>Circuit 4</b> Cable Curl Rope Pushdown	3	15	Reps are for each exercise
<b>Circuit 5</b> EZ Bar Curl Tricep Extension	3	15	Reps are for each exercise



# 2016 OLYMPIA PREP

*Week 12 – Wednesday and  
Thursday – Upper Body Circuits*

Exercise	Sets	Reps	Notes
<b>Circuit 1</b> Dumbbell Shoulder Press Lat Pull Down Flat Dumbbell Press	3	15	Reps are for each exercise
<b>Circuit 2</b> Machine Lateral Raise Seated Row Incline Barbell Press	3	15	Reps are for each exercise
<b>Circuit 3</b> Cable Rear Delt Fly Bent Over Barbell Row Cable Flyes	3	15	Reps are for each exercise
<b>Circuit 4</b> Cable Curl Rope Pushdown	3	15	Reps are for each exercise
<b>Circuit 5</b> EZ Bar Curl Tricep Extension	3	15	Reps are for each exercise