

Michael B Jordan

WORKOUT

DAY 1: CHEST, BACK AND ARMS

<u>WORKOUT</u>	<u>REPS AND SETS</u>
Incline Dumbbell Press	12 reps x 3 sets
Dumbbell Flye	12 reps x 3 sets
Push Ups	10,9,...1 reps x 10 sets
Dumbbell Kickback	15 reps x 3 sets
Tricep Pushdown	20 reps x 2 sets
Bench Dips	10,9,...1 reps x 10 sets

Note: The reps for Push Ups and Bench Dips go from 10 reps in 1st set, 9 reps in 2nd and go all the way to 1 rep in last set.

DAY 2: BICEPS, TRICEPS, AND LATS

<u>WORKOUT</u>	<u>REPS AND SETS</u>
One-arm Dumbbell Rows	12 reps x 3 sets
Neutral Grip Pulldown	12 reps x 3 sets
Bent Over Rows	12 reps x 3 sets
Dumbbell Curls	12 reps x 3 sets
Barbell Curls	12 reps x 3 sets
Hammer Curls	12 reps x 3 sets

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DAY 3: LEGS AND ABS - CIRCUIT

<u>WORKOUT</u>	<u>REPS AND SETS</u>
Dumbbell Lunge	30 secs (each leg) x 3 sets
Single Leg Hip Extensions	15 reps (each leg) x 3 sets
Leg Curls	12 reps x 3 sets
Romanian Deadlift	12 reps x 3 sets
Squats	10,9,...1 reps x 10 sets
Crunches	25 reps x 3 sets
Leg Raises	25 reps x 3 sets
Reverse Crunch	25 reps x 3 sets
Toe Touch	25 reps x 3 sets
Sprinter Sit-ups	25 reps x 3 sets

Note: The reps for Squats go from 10 reps in 1st set, 9 reps in 2nd and go all the way to 1 rep in last set.

DAY 4: CHEST, ARMS AND ABS

<u>WORKOUT</u>	<u>REPS AND SETS</u>
Dumbbell Bench Press	10,9...6 reps x 5 sets
Push Ups	15 reps x 5 sets
Dumbbell Flyes	10,9...6 reps x 5 sets
Push Ups	10 reps x 5 sets
Dumbbell Curls	12 reps x 4 sets
Dumbbell Kickbacks	15 reps x 4 sets
Bench Dip	20 reps x 4 sets
Crunches	25 reps x 3 sets
Leg Raises	25 reps x 3 sets
Reverse Crunches	25 reps x 3 sets
Toe Touch	25 reps x 3 sets
Sprinter Sit Ups	25 reps x 3 sets

Note: The reps for Dumbbell Bench Press go from 10 reps in 1st set, 9 reps in 2nd and go all the way to 6 reps in last set.

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FOR THE OTHER 2 DAYS, HERE'S WHAT HE DOES

WORKOUT

REPS AND SETS

Bench Press

15 reps x 3 sets

Incline Dumbbell Press

15 reps x 3 sets

Dumbbell Flye

15 reps x 3 sets

T-bar Rows

15 reps x 3 sets

Lat Pull-downs

15 reps x 3 sets

Push Ups

15 reps x 3 sets

Deadlifts

15 reps x 3 sets

Leg Press

15 reps x 3 sets