



# FitnessBuilder: TRY THIS WORKOUT

Pump For Life: Week 5: Day 3 - Strength



Fadi Malouf



There are 6 workouts for this week. Perform each workout once, following the indicated intensity.

Equipment Needed: Dumbbells, Barbell, Cables

## Intensity

Reps: **8**

Sets: **4 sets** per exercise

Load: **CHALLENGING** weight

Rest: **60 seconds** between sets

For each exercise, perform 4 sets of 8 repetitions, resting 60 seconds between sets. Use a challenging weight that allows you to complete all reps. If the weight is too easy, slightly increase it. If its too hard, slightly decrease it.



**Step Up**

Legs

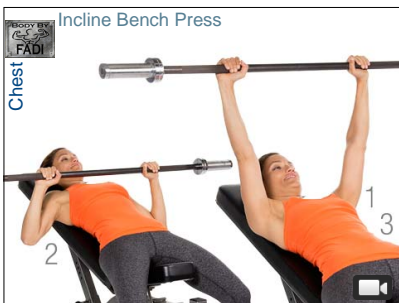
1 - Stand upright with one foot on a bench, holding the dumbbells by your sides with your arms straight.

2 - Step up onto the bench, pushing down on your front foot.

• Step down off the bench onto the back foot and repeat.

• Complete all reps on one side before switching to the other side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Incline Bench Press**

Chest

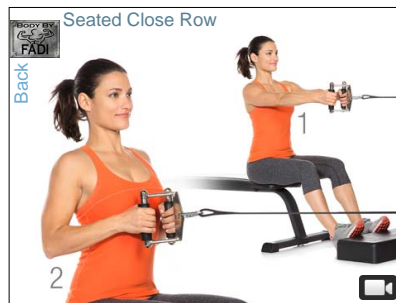
1 - Lie on an incline bench holding a barbell over your chest with your arms straight and hands shoulder-width apart.

2 - Lower the barbell down to your upper-chest level.

3 - Press the barbell back up over your chest to a straight arm position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

Equipment Sub: Dumbbells



**Seated Close Row**

Back

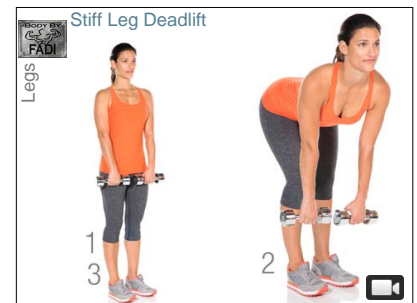
1 - Sit upright holding the handle with your arms straight out in front and your back flat.

2 - Pull the handle straight in to your chest, bending at the elbows and squeezing your shoulder blades together.

• Remain upright throughout and do not sway back and forth.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

Equipment Sub: Tubing



**Stiff Leg Deadlift**

Legs

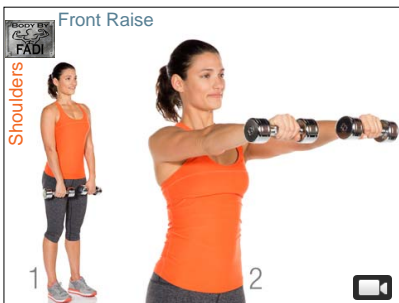
1 - Stand upright holding the dumbbells at your thighs with your arms straight and your feet hip-width apart.

2 - Lower the dumbbells to just below your knees shifting your hips back and keeping your legs straight and back flat.

3 - Return to the upright start position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

Equipment Sub: Barbell,



**Front Raise**

Shoulders

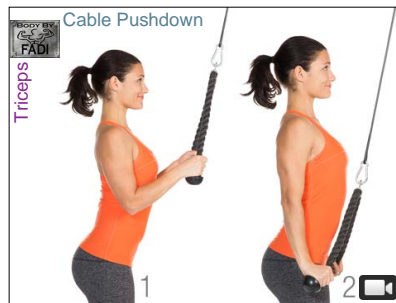
1 - Stand upright holding the dumbbells in front of your thighs with your arms straight and palms facing back.

2 - Raise the dumbbells up in front to shoulder height, keeping your arms straight.

• Lower the dumbbells back to the start position and repeat, keeping your back flat throughout.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

Equipment Sub: Barbell,



**Cable Pushdown**

Triceps

1 - Grip the rope/handle in both hands at chest level with your elbows bent.

2 - Push the handles down, fully extending your arms and keeping your shoulders steady.

• Your hands should finish at the top of your thighs in the downward position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Curl**

Biceps

1 - Stand upright holding the bar underhanded with your arms straight and your elbows at your sides.

2 - Raise the bar up to your shoulders, bending at your elbows, keep them by your sides.

• Do not sway back and forth as you lift and lower the bar.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

Equipment Sub: Tubing

This PDF/printout was generated using FitnessBuilder. Get access at <http://www.bodybyfadi.com/exercise-videos-and-routines.html>.



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- Abs**
- 1 - Lie on your back with your legs straight and hands to the sides of your head.
  - 2 - Lift your head and shoulders off the floor while also bringing your knees in to your chest.
- Try to get your elbows to meet your knees in the middle.
  - Lower your upper body and legs and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Abs**
- Start in a sit up position with your feet flat, knees bent, holding a medicine ball at chest level.
- 1 - Twist your torso to one side, lowering the ball towards the ground.
  - 2 - Twist your torso back to the other side, keeping your feet flat throughout.
- Alternate sides with each rep.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Lower Back**
- Support your body off the floor, resting on your toes and forearms.
- 1 - Raise one arm and the opposite leg straight up about 18 inches off the floor.
  - 2 - Hold briefly, then lower yourself back to the floor and repeat with the other arm and opposite leg.
- Alternate sides with each rep.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			