

# Big Bob Workout

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Day 1	Free	Day 2	Free	Day 3	Free	Free

**Day 1** – Chest , Shoulders, Triceps

**Day 2** – Back, Biceps

**Day 3** – Legs

# Day 1 Workout

Chest	Set	Reps	Rest	Weight
Flat Bench Press Barbell	Warm-Up	15	1min	
Flat Bench Press Barbell	1	8	2min	
Flat Bench Press Barbell	2	6	2min	
Flat Bench Press Barbell	3	4	2min	
Flat Bench Press Barbell	4	8	0	
Flat Dumbell Fly	5	10	2min	

Shoulders	Set	Reps	Rest	Weight
Seated Shoulder Press	Warm-Up	15	1min	
Seated Shoulder Press	1	8	2min	
Seated Shoulder Press	2	6	2min	
Seated Shoulder Press	3	4	2min	
Seated Shoulder Press	4	8	0	
Side Lateral Raises	5	10	2min	

Triceps	Set	Reps	Rest	Weight
Lying Tricep Extension	Warm-Up	15	1min	
Lying Tricep Extension	1	8	2min	
Lying Tricep Extension	2	6	2min	
Lying Tricep Extension	3	4	2min	
Lying Tricep Extension	4	8	0	
Bench Dips	5	10	2min	

Abs	Set	Reps	Rest	Weight
Ab Crunches	1	25	1min	
Ab Crunches	2	20	1min	
Ab Crunches	3	20	1min	
Ab Crunches	4	20	0	

# Day 2 Workout

Back	Set	Reps	Rest	Weight
Bent Over Row Barbell	Warm-Up	15	1min	
Bent Over Row Barbell	1	8	2min	
Bent Over Row Barbell	2	6	2min	
Bent Over Row Barbell	3	4	2min	
Bent Over Row Barbell	4	8	0	
One Arm Dumbell Rows	5	10	2min	

Biceps	Set	Reps	Rest	Weight
Barbell Curl	Warm-Up	15	1min	
Barbell Curl	1	8	2min	
Barbell Curl	2	6	2min	
Barbell Curl	3	4	2min	
Barbell Curl	4	8	0	
Hammer Curl	5	10	2min	

Abs	Set	Reps	Rest	Weight
Hanging Leg Lift	1	25	1min	
Hanging Leg Lift	2	20	1min	
Hanging Leg Lift	3	20	1min	
Hanging Leg Lift	4	20	0	

# Day 3 Workout

Quads	Set	Reps	Rest	Weight
Leg Press	Warm-Up	15	1min	
Leg Press	1	8	2min	
Leg Press	2	6	2min	
Leg Press	3	4	2min	
Leg Press	4	8	0	
Squads	5	10	2min	

Hamstrings	Set	Reps	Rest	Weight
Deadlifts	Warm-Up	15	1min	
Deadlifts	1	8	2min	
Deadlifts	2	6	2min	
Deadlifts	3	4	2min	
Deadlifts	4	8	0	
Lunges	5	10	2min	

Calves	Set	Reps	Rest	Weight
Seated Calf Raises	1	25	1min	
Seated Calf Raises	2	20	1min	
Seated Calf Raises	3	20	30sec	
Standing Toe Press	4	15	0	

Abs	Set	Reps	Rest	Weight
Side Crunches	1	25	1min	
Side Crunches	2	20	1min	
Side Crunches	3	20	1min	
Side Crunches	4	20	0	