

MAD MUSCLE MAY

Fitness Plan

Goal: to maximize muscle growth and strength to entire body with specialized focus on pushing muscles (chest/shoulders/triceps), pulling muscles (back/biceps), and legs.



PUSH	PULL	LEGS
<p>BENCH PRESS INCLINE PRESS PUSH PRESS CLOSE GRIP BENCH PRESS OVERHEAD SHOULDER PRESS ARNOLD PRESS LATERAL RAISES FRONT RAISES PIKE PUSHUPS TRICEP DIPS TRICEPS PUSHDOWNS SKULL CRUSHERS OVERHEAD EXTENSIONS CHEST FLYS PUSHUPS</p>	<p>PULL-UPS CHIN-UPS BENTOVER ROWS WIDE LAT PULLDOWNS CLOSE-GRIP LAT PULLDOWNS SEATED ROWS SINGLE ARM ROWS FACE PULLS BICEP CURLS HAMMER CURLS PREACHER CURLS SHRUGS REVERSE FLYS LAYING PULLOVER BACK EXTENSION</p>	<p>ROMANIAN DEADLIFT SINGLE-LEG DEADLIFT BACK SQUATS GOBLET SQUATS BULGARIAN SPLIT SQUATS WALKING LUNGES LATERAL LUNGES CURTSY LUNGE HIP THRUSTS CALF RAISES STEP UPS LEG PRESS LEG EXTENSION LEG CURLS INNER/OUTER THIGHS</p>

Choose 2–6 exercises from the list. Select your own sets and reps or mix exercises from each category. [Examples below]

(Use any equipment available (dumbbells, barbells, kettlebells, cables, bands, or bodyweight))

<p><u>Bench Press:</u> 3 sets of 6-10 reps</p> <p><u>Overhead Shoulder Press:</u> 3 sets of 8-12 reps</p> <p><u>Incline Dumbbell Press:</u> 3 sets of 8-12 reps</p> <p><u>Cable Lateral Raise:</u> 3 sets of 12-15 reps</p> <p><u>Tricep Rope Pushdowns:</u> 3 sets of 12-15 reps</p> <p><u>Skull Crushers:</u> 3 sets of 12-15 reps</p>	<p><u>Pull-ups:</u> 3 sets of 8-12 reps</p> <p><u>Bentover Barbell Rows:</u> 3 sets of 8-10 reps</p> <p><u>Seated Cable Rows:</u> 3 sets of 10-12 reps</p> <p><u>Face Pulls:</u> 3 sets of 12-15 reps</p> <p><u>Dumbbell Hammer Curls:</u> 3 sets of 10-12 reps</p> <p><u>Reverse Flys:</u> 3 sets of 12-15 reps</p>	<p><u>Kettlebell Goblet Squats:</u> 3 sets of 10-12 reps</p> <p><u>Dumbbell Walking Lunges:</u> 3 sets of 10-12 reps</p> <p><u>Machine Hip Thrusts:</u> 3 sets of 12-15 reps</p> <p><u>Dumbbell Step Ups:</u> 3 sets of 10-15 reps</p> <p><u>Band Leg Extension:</u> 3 sets of 10-12 reps</p> <p><u>Band Leg Curls:</u> 3 sets of 10-12 reps</p>
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Pick something new each week and build your workout. Mark Push, Pull, Legs, or Combo in the box on the day you complete it.				EX. Push	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	<p align="center"><i>Turn it in at the beginning of June for credit and pick up the next fitness plan!</i></p> <p>Member Name:</p>					