

## COSPORTS.COM Fullbody Workout

This workout is intended to provide those who have lifted heavy or gained muscle mass to maintain that mass. It can also be used by those who simply want to get into better shape, lose weight or maintain a tone body. For body builders who are in a maintenance phase, use heavy weight and reduce the rep count. For those who are not interested in building or maintaining bulk, use lighter weight and do the suggested rep count or increase the rep count for more of a cardio workout. This is a five day routine. Adjust as necessary for your physical ability. You may need to work up to a 5 day regiment. This plan as shown is intended for those in good physical shape and are looking to maintain. This routine is a mix of free weights and machines.

<b>DAY 1 (Chest and Tri's)</b>	<b>SETS</b>	<b>REPS</b>
Bench press	4	5
Incline press	3	10--12
Incline flyes	3	10--12
Cross Cable	3	10--12
Skull Crushers	3	10--12
Dips	3	amap
Pushdown rope	4	10--12
Dickerson pullover	4	10--12

Try to start this routine on a Monday after a day of rest on Sunday. Lift heavy today and attempt to max on the reps for at least the first two sets.

<b>DAY 2 (Legs and Abs)</b>	<b>SETS</b>	<b>REPS</b>
Squats (wide stance)	4	10--12
Leg press (close feet)	4	10--12
Leg Extensions (machine)	3	10--12
Hamstring Curls	4	10--12
Bent leg Dead Lift	4	10--12
ABS	4	25

Squats can be done in a cage or with a machine or free standing. It depends on the individual. Squats, if done incorrectly can be very dangerous and cause serious acute and chronic back injury.

<b>DAY 3 (Back and Biceps)</b>	<b>SETS</b>	<b>REPS</b>
Pull Ups	4	10--12
Lat pulls (back)	3	10--12
T-Bar	3	10--12
Lat pulls close (front)	3	10--12
dumbbell curls (unilateral)	4	10--12
Bilateral dumbbell incline Curls	4	10--12
Curls-low cable	3	10--12
Preacher curls	3	10--12

Mix it up! On some days start with back and others start with biceps. You will find that there is a big difference in the amount you can lift. It helps your body from becoming complacent with a particular routine.

<b>DAY 4 (Shoulders and Calves)</b>	<b>SETS</b>	<b>REPS</b>
Ovhead dumbbell press	4	10--12
Lateral raise dumbbell	4	10--12
Upright Rows	3	10--12
Rear Delts (reverse fly)	3	10--12
Calf raises	4	10--12
Calf press	4	10--12
ABS	4	25

This is generally a quick and easy routine. Throw in a few extra ab exercises if you have the energy and the time. Calves and abs recover very quickly. Try not to rest and talk to much between sets.

#### **DAY 5 (REST)**

<b>DAY 6 (Chest and Biceps)</b>	<b>SETS</b>	<b>REPS</b>
Bench Press	4	8--12
Dumbbell Press	3	10--15
Dumbbell Tri Extension	3	10--15
Preacher Curls	4	10
Barbell Curls	3	10
ABS (crunches or anything else)	4	25

This is a bonus day. If you can get to the gym, get in there and do a light weight routine with lots of reps to increase endurance and help keep your body fit.

#### **DAY 7 (REST)**