

# ENDOMORPH WORKOUT PLAN

## OPTION 1\*\*

### DAY 1: PUSH (A)

- Chest Press - 4 sets x 15, 10, 8, 8 reps
- High Incline Chest Press - 4 sets x 15, 10, 8, 8 reps
- Close Grip Chest Press - 4 sets x 15, 10, 8, 8 reps
- Cable Crossover kneeling - 4 sets x 15, 10, 8, 8 reps
- Front Raises - 4 sets x 15, 10, 8, 8 reps
- Cable Triceps Extensions - 4 sets x 15, 10, 8, 8 reps

### DAY 2: PULL (A)

- Dumbbell Hammer Curls - 4 sets x 15, 10, 8, 8 reps
- Lat Pulldowns - 4 sets x 15, 10, 8, 8 reps
- Seated Row - 4 sets x 15, 10, 8, 8 reps
- Shrugs - 4 sets x 15, 10, 10, 10 reps
- Chest Supported Prone Reverse DB Flyes - 4 sets x 15, 10, 8, 8 reps

### DAY 3: LEGS (A)

- Heel Elevated Squats - 4 sets x 15, 10, 8, 8 reps
- Leg Extensions - 4 sets x 15, 10, 8, 8 reps
- RDLs - 4 sets x 15, 10, 8, 8 reps
- Hip Extensions - 4 sets x 15, 10, 8, 8 reps
- Seated Leg Curls - 4 sets x 15, 10, 10, 8 reps
- LISS/HIIT - 4 sets x 15mins LISS, 1min all out, 15mins LISS, 1min all out
- Calf Raises - 4 sets x 15 reps

### DAY 4: PUSH (B)

- DB Pullovers - 4 sets x 15, 10, 8, 8 reps
- Low-High Cable Flyes, Single or Two-arm - 4 sets x 15, 10, 8, 8 reps
- High-Low Cable Flyes, Single-Side - 4 sets x 15, 10, 8, 8 reps
- Lateral Raises - 4 sets x 15, 10, 8, 8 reps
- Cable Triceps Extensions - 4 sets x 15, 10, 8, 8 reps

### DAY 5: PULL (B)

- Biceps Curls - 4 sets x 15, 10, 8, 8 reps
- Machine Pull-downs - 4 sets x 10, 10, 8, 8 reps
- Motorcycle Rows - 4 sets x 10 reps
- Barbell Plate Raises - 4 sets x 15, 10, 10, 10 reps
- Kelso Shrugs - 4 sets x 15, 10, 10, 10 reps
- Reverse Flyes - 4 sets x 15, 10, 8, 8 reps

### DAY 6: LEGS (B)

- Goblet Squats - 4 sets x 15, 10, 8, 8 reps
- Leg Extensions - 4 sets x 15, 10, 8, 8 reps
- Hip Abductions - 4 sets x 15, 10, 8, 8 reps
- Seated Leg Curls - 4 sets x 15, 10, 10, 8 reps
- Calf Raises - 4 sets x 15 reps
- Tibialis Anterior Raises - 3 sets x 20 reps
- LISS - 45 minutes

### DAY 7: REST

\*\*CLICK THROUGH TO LINK FOR OPTION 2!

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**L Darling-Hammond**



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