

Stefan's Program

Monday

Exercise	Weight Used	Reps	Sets
Bench Press	82kg	10	3
Step Ups	75kg	5	3

Exercise	Weight Used	Reps	Sets
Incline Bench Press	62kg	10	3
Tricep Push Down	45kg	12	3

Exercise	Weight Used	Reps	Sets
Russian Twist	10kg	12	3
Ab Roller	Body Weight	12	3

Tuesday

Exercise	Weight Used	Reps	Sets
Deadlift	97kg	12	3
Pull Ups	25kg	10	3

Exercise	Weight Used	Reps	Sets
Bent Over Row	67kg	10	3
Bicep Curls	17.5kg	10	3

Exercise	Weight Used	Reps	Sets
RB Weighted Glute Bridge	97kg	10	3
Static Lunges	32kg	10	3

Wednesday

Exercise	Weight Used	Reps	Sets
Dips	25kg	10	3
Tricep Push Down	45kg	12	3

Exercise	Weight Used	Reps	Sets
Shoulder Press	50kg	12	3
Bench Dips	20kg	12	3

Exercise	Weight Used	Reps	Sets
Leg Raises	Body Weight	12	3
Weighted Sit Up	12.5kg	12	3

Thursday

Exercise	Weight Used	Reps	Sets
Barbell Squat	92kg	6	3
Chin Ups	25kg	10	3

Exercise	Weight Used	Reps	Sets
Static Lunges	64kg	10	3
Bent Over Row	67kg	10	3

Exercise	Weight Used	Reps	Sets
Face Pulls	25kg	15	3
Hammer Curls	17.5kg	10	3

Friday

Exercise	Weight Used	Reps	Sets
Bench Press	92kg	6	3
Tricep Push Down	50kg	10	3

Exercise	Weight Used	Reps	Sets
Incline Bench Press	64kg	10	3
Dips	30kg	8	3

Exercise	Weight Used	Reps	Sets
Incline Push Ups	Body Weight	10	3
Single Leg Glute Bridge	10kg	10	3

Saturday

Exercise	Weight Used	Reps	Sets
Leg Raises	Body Weight	8	3
V – Sits	Body Weight	8	3
Russian Twist	10kg	8	3

Exercise	Weight Used	Reps	Sets
Face Pulls	20kg	20	3
Inch Worms	Body Weight	10	3
ITY	5kg	5	3

Sunday

Exercise	Weight Used	Reps	Sets
Deadlifts	117kg	6	3
Shoulder Press	62kg	4	3

Exercise	Weight Used	Reps	Sets
Bulgarian Split Squat	70kg	6	3
Kettle Bell Squat	60kg	10	3

Exercise	Weight Used	Reps	Sets
Bicep Curls	22.5kg	5	3
Tricep Push Down	55kg	8	3