

A 'Hasani Brown' Routine

WORKOUTS

*5 day a
week
routine



Monday

Legs

Stair Master for 15 mins
Leg Extensions (Single Leg) - 5x20-15
Back Squats - 4x12
Leg Press (Single Leg) - 4x12

Leg Press (Feet Together) - 4x15
Straight Leg Deadlifts - 4x12-8
Leg Curls (single leg) - 4x10
Exercise bike - 15-12 mins

Tuesday

Chest, Calves Cardio

Incline Dumbbell Chest Press - 5x12
Flat Dumbbell Chest Press - 4x10
Machine Dips or Weighted Dips - 4x10
Chest Flys - 3x12-8

Dumbbell Pullovers - 4x10
Seat Calf Raises - 5x15-10
Standing Calf Raise - 4x12
Stair master - 20 mins

Wednesday

REST

Thursday

Back, Abdominals, Cardio

Lat Pulldowns (Wide Grip) - 5x12
Deadlifts - 4x12-8
Bent Over Rows (Close Grip) - 4x10
Bent over Barbell Rows (Underhand Grip) - 4x10

Roman Chair Sit-ups - 4x20
Hanging Reverse Crunches - 4x20
Cable Crunches - 3x15
Seated Bike - 20 mins

Friday

Shoulders, Traps, Calves

Military Press - 5x10
Side Laterals - 4x12
Front Laterals - 4x10
Bent over Laterals - 4x10

Upright Rows - 4x10
Behind the back Barbell Shrugs - 4x12
Donkey Calf Raises - 5x12-8
Standing Calf Raises - 4x10

Saturday

Arms, Cardio

Tricep Cable Pushdowns (Straight Bar) - 5x12
Close Grip Presses - 4x10
Lying Tricep Extensions - 4x10-8
Dumbbell Kickbacks - 3x10
Barbell Curls - 4x10

Hammer Curls - 4x10
Preacher Curls - 3x10
Barbell Wrist Curls - 3x12
Reverse Wrist Curls - 3x12
Stair master 20 mins

Sunday

REST