

A Kelly Rennie workout

WORKOUTS

*6 day
a week
routine



MONDAY

Day 1: Chest/Front Delts

Flat Bench: 1 warm up set of 15 reps, 3 sets of 8-10 reps
Incline Bench: 1 warm up set of 15 reps, 3 sets of 8-10 reps
Incline Flyes: 1 warm up set of 15 reps, 3 sets of 8-10 reps
Cable Crossover: 1 warm up set of 15 reps, 3 sets of 8-10 reps
Shoulder Press: 1 warm up set of 15 reps, 3 sets of 8-10 reps
Dumbbell Lateral Raise: 1 warm up set of 15 reps, 3 sets of 8-10 reps

TUESDAY

Day 2: Cardio

Power Walk: 45 minutes or Boot Camp Class (Circuit Training)

WEDNESDAY

Day 3: Back/Rear Delts

Lat Pulldowns To Rear: 1 warm up set of 15 reps, 3 sets of 8-10 reps
Lat Pulldowns To Front: 1 warm up set of 15 reps, 3 sets of 8-10 reps
One Arm Dumbbell Row: 1 warm up set of 15 reps, 3 sets of 8-10 reps
Dumbbell Rear Flyes: 1 warm up set of 15 reps, 3 sets of 8-10 reps

THURSDAY

Day 4: Cardio

Power Walk: 45 minutes or Boot Camp Class (Circuit Training)

FRIDAY

Day 5: Arms

Barbell Curl: 1 warm up set of 15 reps, 3 sets of 8-10 reps
Dumbbell Hammer Curl: 1 warm up set of 15 reps, 3 sets of 8-10 reps
EZ Bar Curl: 1 warm up set of 15 reps, 3 sets of 8-10 reps
Cable Triceps Extension: 1 warm up set of 15 reps, 3 sets of 8-10 reps
Overhead Triceps Extension: 1 warm up set of 15 reps, 3 sets of 8-10 reps
Bench Dips: 1 warm up set of 15 reps, 3 sets of 8-10 reps

SATURDAY

Day 6: Legs

Smith Squat: 1 warm up set of 15 reps, 3 sets of 8-10 reps
Leg Extension: 1 warm up set of 15 reps, 3 sets of 8-10 reps
Lunges: 1 warm up set of 15 reps, 3 sets of 8-10 reps
Laying Leg Curl: 1 warm up set of 15 reps, 3 sets of 8-10 reps
Seated Calf Raises: 1 warm up set of 15 reps, 3 sets of 8-10 reps
Standing Calf Raise: 1 warm up set of 15 reps, 3 sets of 8-10 reps

SUNDAY

DAY OFF