

# A Kizzito Ejam Routine



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 ALL THE INFO & MOTIVATION YOU NEED TO ACHIEVE YOUR IDEAL PHYSIQUE AND GET CUTANDJACKED

\*7 day a week routine

Monday

## DAY 1 AM: Cardio/Abs

Stairmaster: 10 minute aerobic warm up  
 Stairmaster: 10 minute fat burning workout  
 Stairmaster: 5 minute interval workout  
 Stairmaster: 10 minute cool down  
 Circuit: 2 rounds Hanging Pike: 1 set of 1 minute  
 Swiss Ball Crunches: 1 set of 1 minute  
 Cross Body Crunch: 1 set of 1 minute  
 Straight-Arm Pulldowns: 1 set of 1 minute  
 Seated Twist: 1 set of 1 minute

## Day 1 PM: Legs/Abs

Leg Press 3 sets 6-8 reps, 1 drop set of 6-8 reps  
 Leg Extension: 3 sets 12-15 reps  
 Hamstring Curls: 3 set 12-15 reps  
 Seated Calf Raises: 3 sets 12-15 reps  
 Walking Dumbbell Lunges: 1 set up and down basketball court  
 Circuit: 3 rounds Hanging Leg Raises: 1 set of 1 minute  
 Swiss Ball Pull In: 1 set of 1 minute  
 Seated Machine Crunches: 1 set of 1 minute  
 Plate Twist: 1 set of 1 minute  
 Jack-knife Sit-Ups: 1 set of 1 minute

Tuesday

## Day 2 AM: Cardio/Abs

Treadmill : 10 minute warm-up  
 Treadmill: 10 minute moderate incline steady state  
 Treadmill : 10 minute interval, 40 second sprint 20 second steady  
 Circuit: 5 rounds  
 Decline Crunches: 1 set of 1 minute  
 Gorilla Crunches: 1 set of 1 minute  
 Lying Leg Raise: 1 set of 1 minute

## Day 2 PM: Arms/Abs

Barbell Curls: 4 set of 6-8 reps Skull Crushers: 4 sets of 6-8 reps  
 Incline Dumbbell Curls : 3 sets of 8-10 reps  
 Reverse Grip Triceps Pushdown: 3 sets of 8-10 reps  
 Machine Preacher Curls: 3 sets of 12-15 reps  
 Triceps Kickback: 3 sets of 12-15 reps  
 Circuit: 2 rounds Decline Crunches: 1 set of 1 minute  
 Incline Leg Raises: 1 set of 1 minute  
 Hanging Pike: 1 set of 1 minute  
 Bicycle Kicks: 1 set of 1 minute  
 Straight-Arm Pulldowns: 1 set of 1 minute

Wednesday

## Day 3 AM: Cardio/Abs

Treadmill: 20 minute steady state  
 Stairmaster: 10 minute interval  
 Circuit: 3 rounds Hanging Leg Raise: 1 set of 1 minute  
 Swiss Ball Crunches: 1 set of 1 minute  
 Cross Body Crunch: 1 set of 1 minute  
 Straight-Arm Pulldowns: 1 set of 1 minute  
 Seated Twist: 1 set of 1 minute

## Day 3 PM: Chest/Abs

Decline Bench Press: 3 sets of 10, 8, 6 reps  
 Flat Bench Neck Press: 3 sets of 10, 8, 6 reps  
 Reverse Grip Press: 2 sets of 15 reps  
 Machine Bench Press: 2 sets of 8 reps  
 Cable Crossover : 2 sets of 12-15 reps  
 Butterfly: 2 sets of 12-15 reps  
 Dips: 1 set to failure  
 Circuit: 3 rounds Hanging Leg Raises: 1 set of 1 minute  
 Swiss Ball Pull In: 1 set of 1 minute  
 Seated Machine Crunches: 1 set of 1 minute  
 Plate Twist: 1 set of 1 minute  
 Jack-knife Sit-Ups: 1 set of 1 minute

Thursday

## Day 4 AM: Cardio/Abs

Stairmaster: 10 minute aerobic warm up  
 Stairmaster: 10 minute fat burning workout  
 Stairmaster: 5 minute interval workout  
 Stairmaster: 10 minute cool down  
 Circuit: 2 rounds Hanging Leg Raise: 1 set of 1 minute  
 Swiss Ball Crunches: 1 set of 1 minute  
 Cross Body Crunch: 1 set of 1 minute  
 Straight-Arm Pulldowns: 1 set of 1 minute  
 Seated Twist: 1 set of 1 minute

## Day 4 PM: Shoulders/Traps/Abs

Seated Military Press: 3 sets of 6-8 reps  
 Behind The Neck Military Press: 3 sets of 8-10 reps  
 Arnold Dumbbell Press: 2 sets of 12-15 reps  
 Dumbbell Lateral Raises: 2 sets of 12-15 reps  
 Dumbbell Front Raises: 2 sets of 12- 15 reps  
 One Arm Cable Lateral Raises: 1 set of 4-6 reps  
 Dumbbell Lying Rear Lateral Raise: 3 sets 8-10 reps  
 Superset: Barbell Shrugs: 2 sets of 15-20 reps  
 Behind The Back Barbell Shrugs: 2 sets of 15-20 reps  
 Circuit: 5 rounds Decline Crunches: 1 set of 1 minute  
 Gorilla Crunches: 1 set of 1 minute  
 Flat Bench Leg Raises : 1 set of 1 minute

Friday

## Day 5 AM: Cardio/Abs

Treadmill: 10-minute warm-up  
 Treadmill: 10 minute moderate incline steady state  
 Treadmill: 10 minute interval, 40 second sprint 20 second steady  
 Circuit: 2 rounds Decline Crunches: 1 set of 1 minute  
 Incline Leg Raises: 1 set of 1 minute  
 Hanging Pikes: 1 set of 1 minute  
 Bicycle Kicks: 1 set of 1 minute  
 Straight-Arm Pulldowns: 1 set of 1 minute

## Day 5 PM: Back/Abs

Wide Grip Pull-Ups: 2 warm up sets of 20 reps  
 Wide Grip Lat Pulldowns: 3 sets of 6-8 reps  
 Close Grip Lat Pulldowns: 3 sets of 8-10 reps  
 Behind The Neck Lat Pulldowns: 3 sets of 8-10 reps  
 Seated Close Grip Cable Row: 3 sets of 6-8 reps  
 Bent Over Barbell Rows: 3 sets of 6-8 reps  
 Straight-Arm Pulldowns: 2 sets of 12-15 reps  
 Circuit: 3 rounds Decline Crunches: 1 set of 1 minute  
 Gorilla Crunches: 1 set of 1 minute  
 Flat Bench Leg Raises: 1 set of 1 minute  
 Bicycle Kicks: 1 set of 1 minute  
 Russian Twists: 1 set of 1 minute

Saturday

## Day 6 AM: Swimming

Swimming: 45 minutes

## Day 6 PM: Legs/Abs

Leg Press: 3 sets 6-8 reps, 1 drop set of 6-8 reps  
 Leg Extension: 3 sets 12-15 reps  
 Hamstring Curls: 3 set 12-15 reps

Seated Calf Raises: 3 sets 12-15 reps  
 Walking Dumbbell Lunges: 1 set up and down basketball court  
 Circuit: 3 rounds Hanging Leg Raises < 1 set of 1 minute  
 Swiss Ball Pull In: 1 set of 1 minute  
 Seated Machine Crunches: 1 set of 1 minute  
 Plate Twist: 1 set of 1 minute  
 Jack-knife Sit-Ups: 1 set of 1 minute

Sunday

## Day 7 AM: Swimming

Swimming: 45 minutes

## Day 7 PM: Arms/Abs

Barbell Curls: 4 set of 6-8 reps  
 Skull Crushers: 4 sets of 6-8 reps  
 Incline Dumbbell Curls: 3 sets of 8-10 reps

Reverse Grip Triceps Pushdown: 3 sets of 8-10 reps  
 Machine Preacher Curls: 3 sets of 12-15 reps  
 Triceps Kickback: 3 sets of 12-15 reps  
 Circuit: 2 rounds Decline Crunches: 1 set of 1 minute  
 Incline Leg Raises: 1 set of 1 minute  
 Hanging Pike: 1 set of 1 minute  
 Bicycle Kicks: 1 set of 1 minute  
 Straight-Arm Pulldowns: 1 set of 1 minute