

# A Tammy Bravomalo Routine

## WORKOUTS

**\*5 day  
a week  
routine**



**MONDAY**

### Legs and calves

Leg press (4x8)  
Lunges (4x12)  
Legs curls (3x10)  
Leg extensions (3x10)

Deadlifts (4x8)  
Calf press (3x20)  
Calf raises (3x20)

**TUESDAY**

**DAY OFF**

**WEDNESDAY**

### Shoulders and abs

Dumbbell press (4x8)  
Side raises (3x8)  
Front raises (3x8)

Reverse flies (3x8)  
Various abdominal exercises (15-30 each exercise)

**THURSDAY**

### Back

Pull-ups (3x12)  
Seated rows (4x8)

Lawnmowers (4x8)  
Pulldowns (4x8)

**FRIDAY**

### Biceps, triceps, abs

Dumbbell curls (3x10)  
Hammer curls (4x10)  
Behind the head press (4x8)

Cable tricep extensions (4x8)  
Dips (to failure)

**SATURDAY**

**DAY OFF**

**SUNDAY**

### Chest and obliques

Dumbbell flies (3x10)  
Seated machine chest press (3x8)  
Various abdominal exercises (15-30 each exercise)