

A Tarna Alderman Routine

WORKOUTS

*7 day
a week
routine



MONDAY

Military Press 5 sets x 5 reps
Lateral Raises 4x5
Rear Delts 4x10-12
Front raises 4x10-12
Barbell Press 3x10-12

TUESDAY

Barbell Rows 5 sets x reps 5
DB Rows 4x10-12
Lat pull downs all grips total 10x10-12
Rack pulls 5x5

WEDNESDAY

Cardio 30 Min

THURSDAY

Squats 5 sets x reps 10-12
Leg press 4x10-12
Walking lunges 4x25
Stiff DL's 4x10-12
Sumo DL's 4x10-12

FRIDAY

Incline cable flys 4 sets x reps 10-12
Incline db press 5 x 5
Incline bench press 5 x 8-10
Overhead db press 5 x 5
Upright rows - 4 x 10-12

SATURDAY

Machine curls 5 sets x reps 5
Barbell curls 4 x8-10
Preacher curls 3 x8-10
Tri pushdowns 3 x 10-12
Overhead tri extension 5x 5

SUNDAY

Cardio 30 Min