

An Olly Foster Routine

WORKOUTS

***6 day a
week
routine**



Day	Workout Focus	Exercises
Monday	Back/Abs	<p>Single Arm Seated Row: 4 Sets 12, 10, 8 & 6 Reps Lat Pull down/s/Rear Delt Flys: 3 Sets 12, 10 & 8 (Lat) 12-15 (rear) Bent Over Row (bar): 4 sets 12, 10, 8 & 6 Dumbbell Deadlifts: 3 Sets of 12, 10 & 8 Reverse Grip Pull Down: 4 Sets of 12, 10, 8 & 6</p> <p>Stability Ball Crunch: with 20kg Plate added resistance 4 x 15 Leg Raises: 4 x reps to failure Floor Crunch: supersets with reverse crunch 3 x 15 <i>(Ab work repeated on Shoulder Day/Thursday)</i></p>
	Chest/Oblique's	<p>DB Flat Bench Press (Legs Raised): 4 sets, 12, 10, 8 & 6 Incline DB Press Rotating into a Fly: 4 Sets, 12, 10, 8 & 6 Cable Flys (from the middle): 3 sets, 12 - 15 Reps Pek Dek: 3 Sets, 12 - 15 Reps Wide Dip: 4 Sets - reps to failure</p> <p>Side Lateral Cable wood Chop: 3 Sets x 12-15reps Side Floor Crunch: 3 sets x 15 reps Reverse Trunk Twist (on a bench for maximum Rotation): 3 x reps to failure Dumbbell Side Bends: 3 sets x 15 reps <i>(Oblique exercises repeated on arms day/Friday)</i></p>
Tuesday	Leg Day	<p>Leg Extensions: 4 sets 12, 10, 8 & 8 Squats: 3 sets 20 Reps Walking Barbell Lunges: 3 Sets 8-10 Reps per leg</p> <p>Straight Leg Deadlift: 3 Sets 12, 10 & 8 Leg Curl: 4 Sets, 12, 10, 8 & 6 Calf Raises: 4 sets 15 reps</p>
	Shoulder Day	<p>DB Seated Press: 4 Sets, 12, 10, 8 & 6 Barbell Front Raise (on an incline bench 45') superset Cable Rear Delt Flys: 4 sets, 8-12 Reps for front Delt, 12-15 Reps for Rear Delt</p> <p>DB Lateral Raise 3 stage drop Set: 4 Sets 8 - 12 Reps, failure on the drop sets. Barbell Shrugs / Dumbbell Shrugs: 4 Sets 12, 10, 8 & 6</p>
Wednesday	Arms Day	<p>Preacher Curl: 3 Sets 12-15 Reps DB Bicep Rotating Curl: 4 Sets, 12, 10, 8 & 6 Rope Hammer Cable Curl: 4 Sets, 12, 10, 8 & 6 Barbell Reverse Curl: 3 sets 12-15 Reps Cable Tricep Ext Angled Bar: 3 Sets 12-15 Reps</p> <p>Overhead DB Tricep Extensions: 4 Sets, 12, 10, 8 & 6 Lying Z Bar Skull Crushers superset with close grip press: 4 Sets 12, 10, 8 & 6 for Skullcrushers and failure for press Single Arm Cable Kickbacks: 3 Sets 12-15 reps</p>
	REST DAY	
Thursday	REST DAY	
	REST DAY	
Friday	REST DAY	
	REST DAY	
Saturday	REST DAY	
	REST DAY	
Sunday	REST DAY	
	REST DAY	