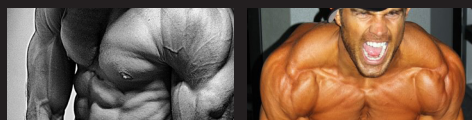


David Kimmerle's Routine

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



WORKOUTS

WORKOUT #1

Chest & Triceps

Warm up-stretching

Superset

Flat bar or Dumbbell chest press:
4 sets of 10-15
Push-ups on knees or reg:
4 sets of 10-15

Superset

Incline bar or dumbbell press:
4 sets of 10-15
Cable fly's: 4 sets of 10-15

Superset

Machine dips or free dips:
4 sets of 10-15
Machine or dumbbell fly's: 4 sets of 10-15

Superset

Triceps cable push down v bar:
4 sets of 20-30
Triceps cable push down flat bar:
4 sets of 20-30

Superset

Reverse grip cable push down flat
bar: 4 sets of 10-12
Bench dips feet on ground:
4 sets of 10-30

Abdominals 25 mins hanging leg or knee
ups-Sit ups in a machine, roman chairs

Back

Warm up-stretching

Good mornings:
3 sets of 20-15-10 Light to heavy
Dead lifts (light weight):
4 sets of 15-20

Superset

Chin ups (machine if needed):
4 sets of 5-15
Machine rows: 4 sets of 15-20

Superset

Bent over rows wide grip bar:
4 sets of 15-20
Lat machine pull downs:
4 sets of 15-20

Single arm machine or dumbbell rows:
4 sets of 2 minute each arm
Stripping method

Superset abs with calves

Roman chairs: 5 sets of 25-35
Calf raises: 5 sets of 25-35

LEGS

Warm up-stretching --10 min on machine
for cardio- treadmill, stepper,
something you like...

Superset

Leg extensions: 4 sets of 15-20
Leg curls: 4 sets of 15-20

Superset

Front squats: 4 sets of 15-20
Leg curls: 4 sets of 15-20

Superset

Straight-leg dead lifts:
4 sets of 10-15
Good mornings:
4 sets of 10-12 Light weight

Calve machine: 3 sets of 20-30
Calve raises standing: 4 sets of 40

SHOULDERS & BICEPS

Superset

Behind the neck barbell press:
3 sets of 10-12
Lateral dumbbell raises:
3 sets of 10-15

Superset

Front machine press: 4 sets of 10-12
Bent over dumbbell raises:
4 sets of 10-20

Seated reverse machine fly's: 3 sets of 15-20

Dumbbell shrugs side: 3 sets of 15

Standing barbell flat bar curls:
4 sets of 6-12 heavy

Machine for biceps: 2 sets of 15-20

Preacher easy bar curl: 2 sets of 10-12

Concentration dumbbell curl/hammer:
3 sets of 10

WORKOUT #2

WORKOUT #3

WORKOUT #4