

# A Courtney Prather Routine



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

## WORKOUTS

\*5 day  
a week  
routine

DAY 1

### Day 1 Chest

Incline Dumbbell Press (4 sets X 10-12 repetitions)  
Flat Dumbbell Press (4 sets X 10-12 repetitions)  
Pectoral Fly Machine (4 sets X 10-12 repetitions)  
Cable Crossover Fly (4 sets X 10-12 repetitions)  
Decline Pushups (4 sets to failure)

DAY 2

### Day 2 Back

Lat Pulldown (4 sets X 10-12 repetitions)  
Dumbbell Bent-Over Rows (4 sets X 10-12 repetitions)  
Hyperextensions (4 sets to failure)  
Reverse Pushup (4 sets to failure)  
Low Pulley Row (4 sets X 10-12 repetitions)

DAY 3

### Day 3 Legs

Leg Press (4 sets X 10-12 repetitions)  
Leg Extensions (4 sets X 10-12 repetitions)  
Laying Leg Curl (4 sets X 10-12 repetitions)  
Smith Machine Squat (4 sets X 10-12 repetitions)  
Walking Dumbbell Lunges (4 sets to failure)

DAY 4

### Day 4 Shoulders

Seated Dumbbell Press (4 sets X 10-12 repetitions)  
Lateral Dumbbell Raise (4 sets X 10-12 repetitions)  
Front Deltoid Dumbbell Raise (4 sets X 10-12 repetitions)  
Dumbbell Shoulder Clean (4 sets X 10-12 repetitions)  
Seated Rear Deltoid Fly (4 sets X 10-12 repetitions)  
Cable Upright Row (4 sets X 10-12 repetitions)

DAY 5

### Day 5 Biceps & Triceps

Standing Dumbbell Curl (4 sets X 10-12 repetitions)  
Standing Dumbbell Hammer Curl (4 sets X 10-12 repetitions)  
Seated Preacher Curl (4 sets X 10-12 repetitions)  
Rope Pushdown (4 sets X 10-12 repetitions)  
Dumbbell French Press (4 sets X 10-12 repetitions)  
Bar Dips (4 sets to failure)