

5 DAY WORKOUT ROUTINE

5 DAY SPLIT

DR WORKOUT

DAY 1: LEGS

- Squat- 3 sets of 10 reps
- Lunges- 3 sets of 10 reps
- Leg extension - 3 sets of 10 reps
- Lying leg curl- 3 sets of 10 reps
- Calf raises- 3 AMRAP sets
- Decline crunches- 3 AMRAP sets
- Lying leg raises- 3 AMRAP sets

DAY 2: PUSH

- Push ups- 3 sets of 20 reps
- Bench press- 3 sets of 10 reps
- Overhead press- 3 sets of 10 reps
- Incline dumbbell press- 3 sets of 10 reps
- Front/Lateral raises- 3 sets of 10 reps
- Cable triceps pushdowns- 3 sets of 10 reps + 1 drop set
- Skull crushers- 3 sets of 10 reps

DAY 3: PULL

- Pull ups- 3 sets of 10-15 reps
- Deadlift- 3 sets of 6-8 reps
- Seated cable rows- 3 sets of 10 reps
- Dumbbell curls- 3 sets of 10 reps
- Preacher curls- 3 sets of 10 reps
- Dumbbell shrugs- 3 sets of 10 reps
- Reverse Curl- 3 sets of 10 reps

DAY 4: LOWER

- Squat- 3 sets of 10 reps
- Leg extension - 3 sets of 10 reps
- Lying leg curl- 3 sets of 10 reps
- Leg press- 3 sets of 10 reps
- Calf raises- 3 AMRAP sets
- Lying leg raises- 3 AMRAP sets
- Russian twist- 3 AMRAP sets

DAY 5: UPPER

- Parallel bar dips- 3 sets of 10-15 reps
- Flat dumbbell presses- 3 sets of 10-15 reps
- Seated dumbbell shoulder presses- 3 sets of 10-15 reps
- Dumbbell lateral raises- 3 sets of 10-15 reps
- Cable rows- 3 sets of 10-15 reps
- Dumbbell rows- 3 sets of 10-15 reps
- Cable behind head tricep extension- 3 sets of 10 reps + 1 drop set
- Cable Curls- 3 sets of 10 reps + 1 drop set

DAY 6 & DAY 7: REST

5 Edition Fitness Workout

Chao Zhang



5 Edition Fitness Workout:

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