



Terror's Full Body Workout

“6 Week Programme to a Perfect Beach Body”

Chest

- Bench Presses
- Incline Barbell Presses
- Dumbbell Presses

Back

- Bent-over Rows
- Pull-ups
- Seated Cable Rows

Shoulders

- Arnold Presses
- Behind-neck Presses (with barbell)
- Upright Rows (E-Z bar)

Legs

- Walking lunges (with dumbbells)
- Leg Presses
- Hack Squats

Biceps

- Standing Barbell Curls
- Preacher Curl Machine
- Alternate Bicep Curls

Triceps

- Dips
- Kick Backs
- Push-downs

Calves

- Standing Calf Raises
- Seated Calf Raises
- Donkey Calf Raises

Abs

- Hanging Leg Raises (bent knees)
- Reverse Crunch
- Swiss Ball Crunches (with cable & rope)

Take 3 Fatburners half an hour before Training
You should spend maximum 1 hour per day in the gym!
10-15 minutes warm-up - rowing/skipping

For each body part, choose 1 exercise
4 sets of 15 reps per exercise
Resting time - no longer than 1 minute
Do these exercises three times a week
On alternate days, you do Cardio (45 minutes) only

Hanging Leg Raises



Reverse Crunch



*Good luck!
Terror*