



Gym Geek

The Five Week Workout Routine

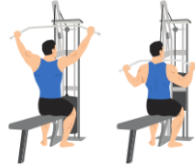


Monday

Chest & Back



Flat Bench Press
5 sets of 5 reps



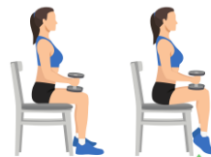
Wide Grip Lat Pulldowns
5 sets of 5 reps

Tuesday

Legs



Leg Presses
6 sets of 7 reps

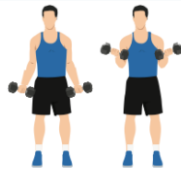


Seated Calf Raises
6 sets of 7 reps

Wednesday - Rest Day

Thursday

Biceps & Triceps



Dumbbell Curls
5 sets of 5 reps



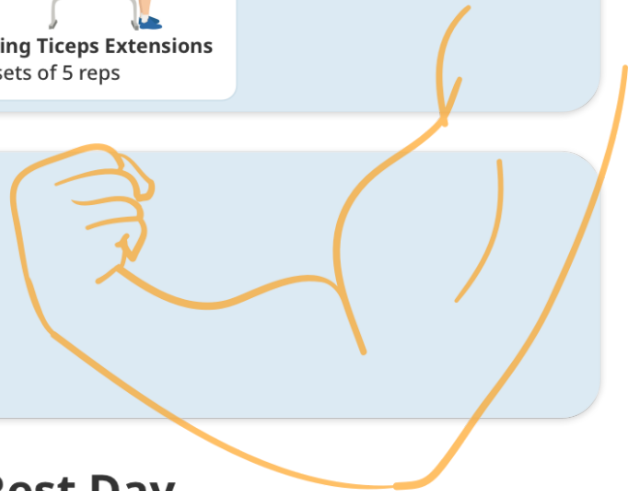
Lying Triceps Extensions
5 sets of 5 reps

Friday

Shoulders



Dumbbell Presses
5 sets of 5 reps



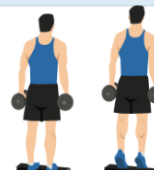
Saturday - Rest Day

Sunday

Legs



Squats
5 sets of 5 reps



Standing Calf Raises
5 sets of 5 reps