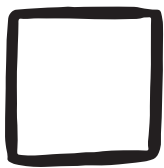


**ANTMANFITNESS
ONLINE COACHING**

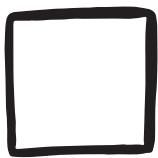


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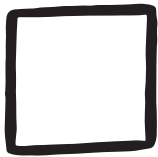
HEALTHY HABIT CHART



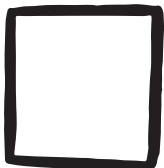
DRINK 1 GALLON
WATER DAILY



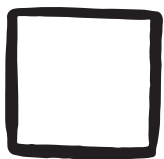
SLEEP 7-8 HOURS



6-10K STEPS DAILY

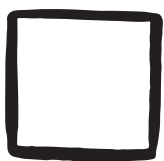
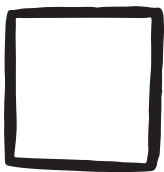
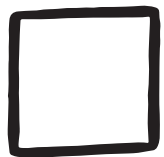
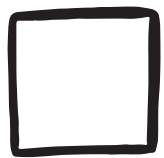
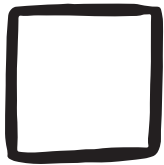


TAKE ALL VITMINS



HIT THE GYM 1X A DAY

HEALTHY HABIT CHART



WORKOUT GUIDELINES

Instructions

All the workouts I have assigned below I want you to follow PROGRESSIVE OVERLOAD. Basically each workout I want you to increase the weights as the set go up. But when it comes to the FINAL set after you complete it DROP down to half of the total weight you ended up using.

When doing each movement make sure you contract each movement with a 2 sec squeeze at the top and 2-3 second negative when going into the extended position.

The Rest is assigned below for what you have to btw sets but if you need more time please take it but also don't rush into the movement. I advised 60-90 sec btw sets.

**FOLLOW THIS GUIDELINES
ABOVE ON MOST OF THE
LIFTS. ANY QUESTIONS JUST
MESSAGE ME ON WHATSAPP**

WORKOUT ROUTINE

MONDAY

ARMS

TUESDAY

UPPER

WEDNESDAY

LOWER

THURSDAY

ABS

FRIDAY

UPPER

SATURDAY

LOWER

SUNDAY

ABS

ARM DAY



Dumbbell Alternating Bicep Curl

3 sets x 10 (Drop Set after Final Set with Half Ending Weight)

👉 90s rest between sets



Cable Rope Hammer Curl

3 sets x 12 (Drop Set after Final Set with Half Ending Weight)

👉 90s rest between sets



Barbell Bicep Curl

3 sets x 12

👉 90s rest between sets



Dumbbell Overhead Tricep Extension

3 sets x 12

👉 90s rest between sets



Machine Seated Dip

3 sets x 12 (Drop Set after Final Set with Half Ending Weight)

👉 90s rest between sets



Cable Rope Tricep Extension

3 sets x 12 (Drop Set after Final Set with Half Ending Weight)

👉 90s rest between sets

UPPER BODY DAY



Push Up

3 sets x TILL FAILURE

👉 60s rest between sets



Dumbbell Incline Bench Press

4 sets x 10-12

👉 90s rest between sets



Lat Machine Wide Bar Close Grip Pulldown

4 sets x 12

👉 90s rest between sets



Smith Machine Bent Over Row

4 sets x 10-12

👉 90s rest between sets



Dumbbell Arnold Shoulder Press

4 sets x 10-12

👉 90s rest between sets



Dumbbell Lateral Raise

3 sets x 12

👉 90s rest between sets



Machine Seated Reverse Fly

3 sets x 12

👉 90s rest between sets

LOWER BODY DAY



Machine Lying Leg Curl

4 sets x WARM UP (Choice do able weight)

👉 60s rest between sets



Barbell Back Squat

4 sets x 10-12 (switch this movement to Hack Squat)

👉 90s rest between sets



Dumbbell Straight Leg Deadlift

3 sets x 12 (use 5lb plate to elevate your body)

👉 90s rest between sets



Angled Machine Leg Press

4 sets x 10-12 (hold on bottom for 1 second)

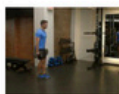
👉 90s rest between sets



Machine Seated Leg Extension

3 sets x 15 (Drop Set after Final Set with Half Ending Weight)

👉 60s rest between sets



Dumbbell Walking Lunge

4 sets x 12 (bodyweight or straight bar on back)

👉 60s rest between sets

Superset of 3 sets



Machine Standing Calf Raise

15



Machine Seated Calf Raise

15



Rest for 60s

AB ROUTINE

30 MINS CARDIO X 5
AB ROUNDS X 2-3

Superset of 3 sets



Lying Straight Leg Raise
15-20 reps



Sit Up
15-20 reps



Full Plank
15-20 reps



Cable Kneeling Crunch
15-20 reps



Rest for 90s
