

**My Figure Girl Workout**

 **off season push/pull 2x a week**

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The following is what I printed and used to record my weight and reps. It may be a bit sloppy or with typos but you get the gist. I was doing this as an off season push/pull figure workout before my shoulder issues arose. After this, I went to working muscle groups 1x per week instead of twice which you can see on the Cut Phase Workouts- Week 1 attachment in this post. On the high rep days below I have my exercises set as 12 reps but 15-20 may be ideal as well.

**Sunday**- Chest, shoulders, triceps – push- heavy

**Monday**- Back, lats, biceps – pull - heavy

**Tuesday**- Legs and abs- heavy + refeed day

**Wednesday**- Chest, shoulders, triceps – push – higher rep

**Thursday**- Back, lats, biceps – pull – higher rep

**Friday**- rest day

**Saturday** - Legs and abs – high rep

|  |  |  |
| --- | --- | --- |
| **1- Heavy: Chest, Shoulders, Triceps 1 PUSH day** |  |   |
| do isometric holding before lift.. |   |   |
| **Shoulders** | **Sets** | **Reps** |
| Dumbell or barbell military Press (iso) 65 | 5 | 10,8,6,6,6/8\* |
| Bent over lateral raises/ cable cross 20's/  | 3 | 10,10,10/10\* |
| Arnold Press 25's |   | 10,8,6,6,6/8\* |
| Dumbell Shrugs+hand stand pushups 45's/BB 130 | 5 | 10,8,6,6,6/8\* |
| Side Raises 15's | 3\*\* | 10,10,10/10\* |
| Front Raises 15's | 3 | 10,10,10/10\* |
| **Chest** |   |   |
| Flat Bench Press BB 95/ DB 35's | 5 | 10,8,6,6,6/8\* |
| Incline dumbell press BB 80/ DB 35's | 5 | 10,8,6,6,6/8\* |
| Peck Deck Flys 80 | 3\*\* | 10,10,10/10\* |
| Push-ups or 1 arm push ups | 3 | To Failure |
| **Triceps** |   |   |
| Dips (with weights, or dip machine) | 4 | 10,8,8,8/8\* |
| Dumbell overhead extensions | 4 | 10,8,8,8/8\* |
| tricep cable extensions 70 |   |   |
| Underhand cable ext 90 |   |   |
| overhead DB french press |   |   |
| **high rep: Chest, Shoulders, Triceps 1 PUSH day** |   |   |
| **Shoulders** | **Sets** | **Reps** |
| Dumbell or barbell military Press (iso) 20's/ 55 | 4 | 12,12,12,12/12\* |
| Bent over lateral raises/ cable cross 15's/ | 3 | 12,12,12 |
| Arnold press 20's |   | 12,12,12,12/12\* |
| Dumbell Shrugs + hand stand pushups BB 130 | 4 | 12,12,12,12 |
| Side Raises 10's | 3 | 12,12,12 |
| Front Raises 15's | 3 | 12,12,12 |
| **Chest** |   |   |
| Flat Bench Press 75 | 4 | 12,12,12,12/12\* |
| Incline dumbell press 25's | 4 | 12,12,12,12/12\* |
| Peck Deck Flys | 3\*\* | 12,12,12 |
| Push-ups or 1 arm push ups | 3 | To Failure |
| **Triceps** |   |   |
| Dips | 4 | To Failure |
| Dumbell overhead extensions | 3 | 12,12,12 |
| tricep cable extensions 50 |   |   |
| french press 40-45 |   |   |
| reverse grip bench |   |   |
| close grip bench 45 inc |   |   |
| under hand cable ext. |   |   |
| **3 Heavy" Back, Lats, Biceps 1 Heavy PULL** |  |  |
| **Back** | **Sets** | **Reps** |
| Bent over rows- barbell wide/ 115 | 5\*? | 10,8,6,6,6/8\* |
| Under-grip seated row/reverse grip bent over row 100 | 5 | 10,8,6,6,6/8\* |
| Lat pull downs 100 | 5 | 10,8,6,6,6/8\* |
| Seated Cable Row/ T-bar row 80-100/60-80 | 3 | 10,10,10/10\* |
| 1 arm dumbell row/ or cable | 3 | 12,12,12 |
| **Biceps** |   |   |
| Standing EZ bar curls (iso hang) 45 | 4 | 12,6,6,6/8\* |
| 1 arm incline dumbell curls 20's | 3 | 8,8,8/8\* |
| 1 arm dumbell preecher curls 20's | 3 | 10,10,10/10\* |
| cable 70 |   | 10,10,10/10 |
| \* immediately reduce weight by 30% and do a drop set. |   |   |
| \*\*Superset w/ exercise below |   |   |
| **3 HR: Back, Lats, Biceps 2 High rep PULL** |  |  |
| **Back** | **Sets** | **Reps** |
| Bent over rows- barbell wide/ 75 | 4 | 12,12,12,12/12\* |
| Under-grip seated row/reverse grip bent over row 80-90/70 | 4 | 12,12,12,12/12\* |
| pull ups 8 | 4 | To Failure |
| Seated Cable Row/ T-bar row 70/ ? | 3 | 12,12,12 |
| 1 arm dumbell row/ or cable 35's | 3 | 12,12,12 |
| **Biceps** |   |   |
| Standing EZ bar curls 35 Ez | 4 | 12,12,12,12 |
| 1 arm incline dumbell curls 15's | 3 | 12,12,12 |
| 1 arm dumbell preecher curls 15's | 3 | 12,12,12 |
| cable ext 60 |   |   |
| **Abs** |   |   |
|   |   |   |
|   |   |   |
|   |   |   |
| **2 Legs and Abs heavy** |  |   |
|  **Legs** |   |   |
| Leg Squats (end isometric hold) 125 | 5 | 10,8,6,6,6/8\* |
| Leg press or leg extensions 360 | 3 | 10,10,10/10\* |
| 1 legged squats or kettle bell swings |   |   |
| **Hams** |   |   |
| deadlifts 205 | 5 | 10,8,6,6,6/8\* |
| cable extensions 27.5 | 3 | 10,10,10/10\* |
|  walking/smith lunges with BB or DB 60/ SL 90 |   | 10,10,10/10\* |
| **Abs**  |   |   |
| Leg lifts or reverse crunch (similar) |   | superset 3  |
| ball crunch |   |   |
| supine bicycle crunches |   |   |
| or |   |   |
| knee raises |   |   |
| power crunch machine/ mtn climber |   |   |
| floor crunch |   |   |
| or |   |   |
| weighted floor crunch |   |   |
| vertical leg crunch |   |   |
| planks |   |   |
|   |   |   |
|  **Legs and Abs higher rep** |  |   |
| **Legs** |  |  |
| Leg Squats 95 | 4 | 12,12,12,12/12\* |
| Leg press or extensions 290 | 3 | 12,12,12 |
| 1 legged squats or kettle bell swings |   |   |
| **Hams** |  |  |
| deadlifts 115-135 dec |   | 12,12,12,12/12\* |
| cable extensions or  |   | 12,12,12 |
|  walking lunges with barbell or dumbells 50/ SL 80 |   |   |
| **Abs** |  |  |
| Leg lifts or reverse crunch (similar)  |   | other leg |
| ball crunch |   | barbell hack squat, leg press etc |
| supine bicycle crunches |   | or sissy squat |
| or |   |   |
| knee raises |   | pull thrus |
| power crunch machine |   |  romanian deadlifts |
| floor crunch |   | stiff leg dead lifts |
| or |   |   |
| weighted floor crunch |   |   |
| vertical leg crunch |   |   |
| planks |   |   |

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