

**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 |  |  |

Disclaimer: This information is not intended to diagnose, treat, cure, or prevent any disease. Exercise programs are very individual and the information provided by this website is not a substitute for a face to face consultation with your physician, and should not be construed as individual medical or nutrition advice. It is intended as sharing of knowledge and information from the research and experience of Heather Owen and her community. Make your own health care decisions based upon research and in partnership with a qualified health care professional.

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