



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*
Dumbbell 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 dumbbell 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*
Dumbbell 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
Dumbbell 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*
Dumbbell 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 dumbbell 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
Dumbbell 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 dumbbell row/ or cable		3	12,12,12
Biceps			
Standing EZ bar curls (iso hang)	45	4	12,6,6,6/8*
1 arm incline dumbbell curls	20's	3	8,8,8/8*
1 arm dumbbell preacher 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 dumbbell row/ or cable	35's	3	12,12,12
Biceps			
Standing EZ bar curls	35 Ez	4	12,12,12,12
1 arm incline dumbbell curls	15's	3	12,12,12
1 arm dumbbell preacher 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.