

Fabulous 5 Day Workout Routine

Getting the body that you want requires work. For most people, this means eating healthful food and exercising. If you have the eating part down and need a few workout tips, you've come to the right place. This 5-day workout routine will help you transform your body, making it stronger and more toned.

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Day 1

Focus on your chest and arms for the first day of your 5-day workout routine. This involves completing:

- Four sets of eight reps of flat bench barbell presses
- Four sets of 12 reps of incline dumbbell flies
- Three sets of 20 reps of triceps rope overhead extensions
- Four sets of 10 reps of push ups
- Three sets of 15 reps of cable crossovers
- Three sets of 15 reps of barbell bicep curls
- Four sets of 12 reps on each arm of alternate arm hammer curls
- Three sets of 15 triceps dips
- 10 minutes of work on the elliptical



Day 2

For the second day of your workout routine, we recommend that you work on your back and shoulders. Do this with:

- Four sets of 10 reps of dumbbell shrugs
- Four sets of 10 reps of standing barbell military presses
- Three sets of 15 reps of upright rows with a bar
- Four sets of 15 reps of dumbbell lateral raises
- Four sets of 10 reps of seated dumbbell shoulder presses
- Four sets of 10 reps of rows with a T-bar
- Four sets of 12 reps of lat pulldowns
- Four sets of 12 bent over rows with a dumbbell
- Spend 10 minutes on your stationary bike



Day 3

For the third day of your 5-day workout routine, we have a 10-minute workout where you plan a series of 1-minute exercises to strengthen your entire body. If you do each video once, then repeat, you have your 10 minutes in for the day!

- Performing a dumbbell workout to strengthen your oblique muscles

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- Working the thighs and calves by practicing your soccer kicks

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- Mountain climbing your way to stronger core muscles, shoulders, arms and glutes

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- Tightening your abdominal muscles by holding a ball and lifting your legs and feet from side to side

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- Performing low burpees to work the front and back of your core as well as your thighs and calves

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- Getting your heart rate up with a cardio blast

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Love these moves and want a FULL workout routine tailored to you? Contact me for more info!

Day 4

The fourth day is all about strength. On day four, complete:

- Five sets of five incline dumbbell presses
- Five sets of five reps of deadlifts
- Five sets of five barbell clean and press lifts
- Five sets of five reps of flat bench barbell presses
- Five sets of five reps of barbell snatches
- Five sets of five reps of barbell bent-over rows
- Spend 10 minutes working out on a stationary bike



Day 5

The fifth day of your 5 day work out is everyone's favorite – Leg day! We recommend that you perform:

- Three sets of 15 reps of leg extensions
- Four sets of eight reps of barbell squats
- Three sets of 12 reps on the leg press machine
- Four sets of 10 reps on each leg of walking lunges
- Three sets of 15 reps of hamstring curls
- Four sets of 20 reps for each leg of calf raises
- Spend 10 minutes on an elliptical machine

Change Your Body with this 5 Day Workout Routine



A consistent workout routine combined with a healthful diet will help you change your body, resulting in more energy and a stronger immune system. Taking these steps will not only make you more comfortable with the way that you look, but it will also make you feel better, so WIN!

*Always check with a physician before starting any nutrition or exercise program.