

4 Week Tone and Shape Plan

Repeat as many times as you'd like

Journal your starting weights and try to increase every 6-8 weeks

Superset 2 or 3 exercises in a row – and move on to the last

Warm up upper body days: 20 banded pull apart, 20 banded rows, 20 face pulls, 20 banded laterals, 20 torso twists, 15 pushups

Warm up lower body days: 45 banded side steps, 20 banded squats, 20 leg swings each side, 20 alternating lunges, 20 hip bridges

Week 1

Day #1 Glutes

- Warm up with 100 body weighted hip thrusts (If you have a closed circuit band would suggest utilizing it here around upper knee and pushing outward to feel the posterior glute)
- Barbell Box Squats 4 x10-12
- Leg Press Narrow Stance (legs high – push thru heels) 4 x 10-12
- Lying Leg Curls 4 x10-12
- Stiff Leg Deadlifts with dumbbells 4 x 10-12
- Hip Thrusts with band around knees 4 x 20
- Weighted Walking lunges 4 x 20

Day #2 Back & Biceps

- Assisted Pull-ups 4x 10-12
- DB Hammer Curls 4x12-15
- One Arm DB Row 4x 8/ea
- Preacher Ez Bar Curl 3 x 12-15
- Face pulls 3 x 12-15
- Seated Cable Rows 4x10-12
- Lat Pulldowns 4x6-8

Day #3 Shoulders/Triceps

- BB Standing Shoulder Press 4×12
- Arnold Press 4×6-8
- Side Raises 3×15
- Front Raises 3×10
- Tricep Push Downs 3×10
- Tricep Dips 3×10
- Skull Crushers 3×10

Week #2

Day #1 Arms

- Barbell Curls 4x 12-15 reps
- Reverse Barbell Curls 4x 12-15
- Close Grip Barbell Press 4x 12-15
- DB Hammer Curls 4x12-15
- Cable Tricep Extensions 3 x 12-15
- Preacher Ez Bar Curl 3 x 12-15
- Body Weight Dips 3 x 20

Day #2 Glutes

- Weighted Skater lunges with BB on back 3x20 total
- Hamstring Curls 4x12
- DB Single Leg Static Lunges 4x15/ea
- Glute Bridge with shoulders on bench 4x20
- Smith Machine Low Squats (feet close together) 4x10
- Banded walking squats 3x20 steps

Day #3 Shoulders

- BB Military Shoulder Press 3x12
- DB Lateral Raise 3x15
- Arnold DB Press 3x12
- DB Front Raise 3x15
- DB Posterior Raise 3x15
- DB Shrugs 3x15

Week #3

Day #1 Glutes

- Single legged Leg Press 4 x 6-8 (each leg)
- Hip Thrusts off flat bench 4x20 (use a closed circuit band I would utilize that around knees- keep pressure on posterior)
- BB Pause Squats 4x15 reps
- Walking Weighted Lunges 4x20
- Cable kickbacks 4x12 (each leg)
- BB Good mornings 4x12

Day #2 Back/Shoulders

- BB Rows 5x6-8 (Go Heavy)
- Lat Pull Down 5x10
- Seated Cable Rows 4x10
- Lateral Raises 4x15
- Seated overhead press on Smith 4x8
- Alternating DB front raises 4x12/arm
- Arnold presses alternating 4 x 15/arm

Friday: Shoulders/Triceps

- Shoulder Press 4×15
- Arnold Press 4×6-8 reps
- Side Raises 3×15
- Front Raises 3×10
- Tricep Push Downs 3×10
- Tricep Dips 3×10
- Skull Crushers 3×10

Week #4

Day #1 Back

- Deadlifts 3x8
- Lat Pulldowns 3x10
- Single Arm Dumbbell Rows 3x10/ea
- Seated Reverse Grip Pulldown 3x12
- Assisted Pull Ups 3x12
- Seated Cable Row 3x12

Day #2 Arms/abs

- Dumbbell Curls 4×15
- Dumbbell Kickbacks 4×15
- Barbell Preacher Curls 3×15
- Barbell Skull Crushers 3×15
- One Arm Cable Curls 4×12
- Tricep Push Downs with Rope 4×20
- Situps 4x20 - Jack Knives 3x20 – Shoulder taps 3x20

Day #3 Glutes/Hamstrings

- Cable Glute Kickbacks 4×12/ea
- Leg Curls 4×20
- DB Sumo Squats 4×12
- Kettle Bell Swings 4×12
- Stiff leg Deadlifts 4×6-8 reps
- Weighted Skater Lunges 5 x 10/leg