



Day Two – Upper Body Max Strength  
Sexy Sculpt 1.0

Exercise Name	Week 1   Date:			Week 2   Date:			Week 3   Date:			Week 4   Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
A1) Wide Grip Pushup (10 second negatives)	5	5										
A2) Cable Rows (wide grip)	5	6										
B1) Dumbbell Shoulder Press	5	8										
B2) Wide Grip Lat Pulldown	5	8										
C1) Hammer Curls w/Wall Sit	3	15										
C2) Skull Crushers w/Glute Bridge	3	15										
D1) Single Leg Glute Bridge	3	15										
D2) Reverse Crunch (arms on chest)	3	30 seconds										
<b>Instructions / Cardio:</b>	<p>A1) followed by A2) indicates a superset. Do exercises A1) and A2) back to back before taking a 60 second rest. Repeat those two exercises until you've completed all 5 sets, then move on to B1) and B2), repeating the process.</p> <p>No additional cardio.</p>											