



Day Four – Upper Body Hypertrophy
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	4	15										
A2) Cable Rows (wide grip)	4	15										
B1) Dumbbell Shoulder Press	4	12										
B2) Wide Grip Lat Pulldown	4	12										
C1) Hammer Curls w/Wall Sit	4	15										
C2) Skull Crushers w/Glute Bridge	4	15										
D1) Single Leg Glute Bridge	3	30 seconds										
D2) Oblique Reverse Crunch (arms on chest)	3	30 seconds										
Instructions / Cardio:	<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>											