



Terry's 5 Day Work-Out

1 Hour Cardio 5 times a week. Gradually build yourself to this level.

Warm Up 5 – 10 mins cardio
Warm Down 5- 10 mins cardio

In addition to below the following Abs work-out is to be done twice a week.

Abs

Crunches	3 x 50
Cable Crunches	3 x 20
Leg Raises	3 x 20

Monday - Chest/Back

Dumbbell Press Flat Bench	4 x 20, 12-10-8
Dumbbell Press Incline	12-10-8
Dips/Decline D/B Press	12-10-8

Chins	4 x maximum
Seated Row	12-10-8
Lat Pulldown	12-10-8

Tuesday/Thursday - Legs

Thighs	
Leg Extension	3 x 20
Squats (Tues)	12-10-8
Leg Curls	20-15-12
Calves	
Standing Raises	3 x 20
Leg Press Raises	3 x 20
Seated Raises	3 x 20

Leg Press (Thurs in lieu of squat) 20-15-12



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Wednesday - Shoulders/Forearms

Dumbbell Press	15-12-10-8
Dumbbell Laterals	12-10-8
D/B Bentover Laterals	12-10-8
Shrugs	12-10-8

Hammer Curls	3 x 12
Wrist Curls	3 x 12
Reverse Curls	3 x 12

Friday – Arms

Triceps	
Close Grip Press	3 x 12
Pushdowns	3 x 12
Dumbbell Extensions	3 x 12
Biceps	
Standing EZ Curls	3 x 12
Dumbbell Curls	3 x 12
Concentration/Preacher Curls	3 x 12

Because of the popularity of this work-out program – affectionately known as Terry's, we decided to put it up on the net. Feel free to print it up and give it a go – it works!

Terry doesn't mind!