

ENDOMORPH WORKOUT PLAN

OPTION 1**

DAY 1: PUSH (A)

- Chest Press - 4 sets x 15, 10, 8, 8 reps
- High Incline Chest Press - 4 sets x 15, 10, 8, 8 reps
- Close Grip Chest Press - 4 sets x 15, 10, 8, 8 reps
- Cable Crossover kneeling - 4 sets x 15, 10, 8, 8 reps
- Front Raises - 4 sets x 15, 10, 8, 8 reps
- Cable Triceps Extensions - 4 sets x 15, 10, 8, 8 reps

DAY 2: PULL (A)

- Dumbbell Hammer Curls - 4 sets x 15, 10, 8, 8 reps
- Lat Pulldowns - 4 sets x 15, 10, 8, 8 reps
- Seated Row - 4 sets x 15, 10, 8, 8 reps
- Shrugs - 4 sets x 15, 10, 10, 10 reps
- Chest Supported Prone Reverse DB Flyes - 4 sets x 15, 10, 8, 8 reps

DAY 3: LEGS (A)

- Heel Elevated Squats - 4 sets x 15, 10, 8, 8 reps
- Leg Extensions - 4 sets x 15, 10, 8, 8 reps
- RDLs - 4 sets x 15, 10, 8, 8 reps
- Hip Extensions - 4 sets x 15, 10, 8, 8 reps
- Seated Leg Curls - 4 sets x 15, 10, 10, 8 reps
- LISS/HIIT - 4 sets x 15mins LISS, 1min all out, 15mins LISS, 1min all out
- Calf Raises - 4 sets x 15 reps

DAY 4: PUSH (B)

- DB Pullovers - 4 sets x 15, 10, 8, 8 reps
- Low-High Cable Flyes, Single or Two-arm - 4 sets x 15, 10, 8, 8 reps
- High-Low Cable Flyes, Single-Side - 4 sets x 15, 10, 8, 8 reps
- Lateral Raises - 4 sets x 15, 10, 8, 8 reps
- Cable Triceps Extensions - 4 sets x 15, 10, 8, 8 reps

DAY 5: PULL (B)

- Biceps Curls - 4 sets x 15, 10, 8, 8 reps
- Machine Pull-downs - 4 sets x 10, 10, 8, 8 reps
- Motorcycle Rows - 4 sets x 10 reps
- Barbell Plate Raises - 4 sets x 15, 10, 10, 10 reps
- Kelso Shrugs - 4 sets x 15, 10, 10, 10 reps
- Reverse Flyes - 4 sets x 15, 10, 8, 8 reps

DAY 6: LEGS (B)

- Goblet Squats - 4 sets x 15, 10, 8, 8 reps
- Leg Extensions - 4 sets x 15, 10, 8, 8 reps
- Hip Abductions - 4 sets x 15, 10, 8, 8 reps
- Seated Leg Curls - 4 sets x 15, 10, 10, 8 reps
- Calf Raises - 4 sets x 15 reps
- Tibialis Anterior Raises - 3 sets x 20 reps
- LISS - 45 minutes

DAY 7: REST

**CLICK THROUGH TO LINK FOR OPTION 2!

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Patrick Vollmar



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The Top Books of the Year Endomorph Workout Guide Learn How To Parkour From The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Endomorph Workout Guide Learn How To Parkour From : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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