



5 Day Workout Routine

Workout Overview

The following 5 day workout routine is based on a 5 day split. Using this routine, you will train one body part per day for duration of 5 days. This routine will allow you to maximize your training while allowing for optimal rest and recovery times.

Warm Up

The warm up prepares your body for increased physical demands and helps to reduce the chance of injury. A typical warm up might include light stretching and/or low intensity cardiovascular exercise. A few minutes on a bike or treadmill is a great place to start! You could also try a 10 to 15 minute brisk walk.

Cool Down

A cool down period is recommended as it will allow the heart rate to return to its resting rate. This is important because it helps to prevent dizziness and fainting. During the cool down, you might perform activities similar to a warm up. The aim is to gradually decrease the intensity of your workout over the course of several minutes.

Training Sequence

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Legs	Chest & Abs	Back	Shoulder & Abs	Biceps & Triceps	Rest	Rest

Notes

Please make as many copies as you need of the workout charts listed below. It may be a good idea to store the charts in a folder and update as you progress.

Don't know how much weight to use? Don't know when to increase weight? Don't know what to eat? Don't know when or how much to eat? Let me help. If you're confused and need help, [click here](#) and I'll give you a hand.

GOALS _____



Days: _____

Days:

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GOALS _____



Days: _____

EXERCISES	SETS / REPS		WEIGHT	REST TIME	NOTES
BARBELL BENCH PRESS	1	15			WARM UP
BARBELL BENCH PRESS	4	6		1 MIN	
INCLINE DUMBBELL PRESS	4	8		1 MIN	
FLAT DUMBBELL FLY	4	12		1 MIN	
DUMBBELL PULL OVER	4	15		1 MIN	
PUSH UPS	3	FAILURE		1 MIN	
LEG RAISES OFF BENCH	3	25		30 SECS	
CABLE CRUNCHES	3	15		30 SECS	
INCLINE SIT UPS	3	20		30 SECS	

Days:

EXERCISES	TIME / DIST	TARGET HR	INTENSITY*	NOTES
			Moderate	20 - 25 min cardio

Notes:

DAY 3 WORKOUT C - WEDNESDAY - BACK

WEEK / / to / / FOR: _____

GOALS

DAY 3 WORKOUT C - BACK



DAY 3 WORKOUT C - BACK

Days: _____

EXERCISES	SETS / REPS	WEIGHT	REST TIME	NOTES
CHIN UPS	4	FAILURE	1 MIN	
ONE ARM DUMMBBELL ROWS	4	10	1 MIN	
REVERSE GRIP PULL DOWN	4	12	1 MIN	
BARBELL POWER CLEANS	4	8	1 MIN	
HYPEREXTENSIONS	4	20	1 MIN	
DUMBBELL SIDE BENDS	4	20	1 MIN	

CARDIO TRAINING

Days:

EXERCISES	TIME / DIST		TARGET HR	INTENSITY*	NOTES
				Moderate	20 - 25 min cardio

*Choose a preferred cardio exercise - Intensity can be low / moderate / high

Notes:

5 day workout routine

Thank you for your interest in Building-Muscle 101's 5 day workout routine. If you need help putting your program together including your diet or schedule, simply go to this page here and I'll provide some free advice. Here are some other workouts you may be interested in:

4 day workout plan:

http://www.building-muscle101.com/4_dayworkout.html

3 day workout plan:

<http://www.building-muscle101.com/3-day-split-sample-routine.html>

Fat burning circuit program:

<http://www.building-muscle101.com/circuit-training-program-to-burn-fat-and-build-muscle.html>

Half hour workout for women:

<http://www.building-muscle101.com/half-hour-workout-for-women.html>

Half hour workout for men:

http://www.building-muscle101.com/half_hour_workout_men.html

If you enjoyed this routine, please feel free to share this with anyone who may be interested.

All the best,

Blake Bissaillon

www.building-muscle101.com



5 Day Workout Routine

Do you need help with this program? Don't know how much weight to use or how much weight you should be adding? Don't know when or what to eat? Or how much to eat? Let me help you out. Go to the page below and fill out the form. This is a free service so let me give you a hand,

[Click here to get some help](#)