

ASN
10 BODY
TRANSFORMATION
CHALLENGE

GYM
PROGRAM

TRAINING PLAN
by Jarrod Boyce



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DAY 1 - CHEST AND BACK

EXERCISE	SETS	REPS	REST
Bench Press	5	5	90 Sec
Wide Grip Pulldown	3	10	60 Sec
Incline Dumbbell Flyes	3	10	60 Sec
Seated Row	3	10	60 Sec
Push ups	2	Max	30 Sec

DAY 2 - LEGS

EXERCISE	SETS	REPS	REST
Back Squats	5	5	90 Sec
Stiff Leg Deadlifts	3	10	60 Sec
Leg Extension	3	10	60 Sec
Hamstring Curl	3	10	60 Sec
Seated Calf Raise	3	15	30 Sec

DAY 3 REST

DAY 4 - SHOULDERS AND BACK

EXERCISE	SETS	REPS	REST
Standing Military Press	5	5	90 Sec
Close Grip Lat Pulldown	3	10	60 Sec
Straight Arm Pulldown	3	15	60 Sec
Lateral Raise	3	10	60 Sec
Front Raise	3	10	30 Sec

DAY 5 - BICEPS AND TRICEPS

EXERCISE	SETS	REPS	REST
Close Grip Bench Press	5	5	90 Sec
Dumbbell Curls	3	10	90 Sec
Cable Tricep Extension	3	10	60 Sec
Barbell Curls	3	10	60 Sec
Dumbbell Concentration Curls	3	15	30 Sec

DAY 6 REST

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DAY 7 - CHEST AND BACK

EXERCISE	SETS	REPS	REST
Dumbbell Press	5	5	90 Sec
Incline Bench Press	3	10	60 Sec
Chin Up (Assisted or body-weight)	3	max	60 Sec
Single Arm Dumbbell Row	3	10	60 Sec
Rear Dumbbell Fly	3	10	30 Sec

DAY 8 - LEGS AND ABS

EXERCISE	SETS	REPS	REST
Deadlift	5	5	90 Sec
Leg Press	3	10	60 Sec
Leg Raises	3	max	60 Sec
Dumbbell Walking Lunges	3	10 each leg	60 Sec

DAY 9 REST

DAY 10 - SHOULDERS AND BACK

EXERCISE	SETS	REPS	REST
Seated Military Press	5	5	90 Sec
Lat Pulldown	3	10	60 Sec
Straight Arm Pulldown	3	10	60 Sec
Seated Lateral raises	3	10	60 Sec
Dumbbell Shrugs	3	10	30 Sec

DAY 11 - BICEPS AND TRICEPS

EXERCISE	SETS	REPS	REST
Close Grip Bench Press	5	5	90 Sec
Dumbbell Curls	3	10	60 Sec
Cable Tricep Extension	3	10	60 Sec
EZ Bar Preacher Curl	3	10	60 Sec
Bench Dips or Parallel Bar Dips	3	max	30 Sec

DAY 12 REST

DAY 13 - CHEST AND BACK

EXERCISE	SETS	REPS	REST
Bench Press	5	5	90 Sec
Wide Grip Pulldown	3	10	60 Sec
Incline Dumbbell Flyes	3	10	60 Sec
Seated Row	3	10	60 Sec
Push ups	3	max	30 Sec

DAY 14 - LEGS AND ABS

EXERCISE	SETS	REPS	REST
Back Squats	5	5	90 Sec
Leg Curl	3	10	60 Sec
Weighted Sit Ups	3	10	60 Sec
Calf Raise	3	10	60 Sec
Plank	2	max	30 Sec

DAY 15 REST

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DAY 16 - SHOULDERS AND BACK

EXERCISE	SETS	REPS	REST
Standing Military Press	5	5	90 Sec
Close Grip Lat Pulldown	3	10	60 Sec
Barbell Row	3	10	60 Sec
Bent Over Reverse Lateral	3	10	60 Sec
Upright Row	3	10	30 Sec

DAY 17 - BICEPS AND TRICEPS

EXERCISE	SETS	REPS	REST
Close Grip Bench Press	5	5	90 Sec
Dumbbell Curls	3	10	60 Sec
Cable Tricep Extension	3	10	60 Sec
EZ Bar Preacher Curl	3	10	60 Sec
Concentration Curl	3	15	30 Sec

DAY 18 REST

DAY 19 - BACK & BICEPS

EXERCISE	SETS	REPS	REST
Deadlift	4	8	90 Sec
Lat Pulldown	3	12	60 Sec
Seated Row	3	12	60 Sec
T-Bar Row	3	12	60 Sec
Seated Dumbbell Curls	3	12	60 Sec
Cable Curls	3	12	30 Sec

DAY 20 - SHOULDERS & TRICEPS

EXERCISE	SETS	REPS	REST
Seated Military Press	4	8	90 Sec
Front Raise	3	12	60 Sec
Lateral Raise	3	12	60 Sec
Dumbbell Shrug	3	12	60 Sec
Tricep Cable Push-Down	3	12	60 Sec
Overhead Rope Tricep Extension	3	12	60 Sec
Dumbbell Kickbacks	3	12	30 Sec

DAY 21 REST

DAY 22 - LEGS

EXERCISE	SETS	REPS	REST
Front Squats	4	8	90 Sec
Hack Squat	3	12	60 Sec
Leg Extension	3	12	60 Sec
Lying Leg Curl	3	12	60 Sec
Calf Press on the Leg Press	3	30	30 Sec

DAY 23 - CHEST & CALVES

EXERCISE	SETS	REPS	REST
Bench Press	4	8	90 Sec
Incline Bench Press	3	12	60 Sec
Cable Chest Fly	3	12	60 Sec
Chest Press Machine	3	15	60 Sec
Seated Calf Raise	3	20	30 Sec

DAY 24 REST

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DAY 25 - BACK & BICEPS

EXERCISE	SETS	REPS	REST
Deadlift	4	8	90 Sec
One Arm Row	3	12	60 Sec
Straight Arm Pulldown	3	12	60 Sec
Wide Lat Pulldown	3	12	60 Sec
Concentration Curl	3	12	60 Sec
Cable Curls	3	12	30 Sec

DAY 26 - SHOULDERS & TRICEPS

EXERCISE	SETS	REPS	REST
Arnold Press	4	8	90 Sec
Shoulder Press Machine	3	12	60 Sec
Lateral Raise	3	12	60 Sec
Dumbbell Front Raise	3	12	60 Sec
Tricep Rope Push-Down	3	12	60 Sec
Reverse Grip Tricep Pull Down	3	12	60 Sec
Skull Crusher	3	12	30 Sec

DAY 27 REST

DAY 28 - LEGS

EXERCISE	SETS	REPS	REST
Leg Press	4	8	90 Sec
Leg Extension	3	12	60 Sec
Leg Curl	3	12	60 Sec
Box Squats - Pause	3	12	60 Sec
Standing Calf Raise	3	20	30 Sec

DAY 29 - CHEST & CALVES

EXERCISE	SETS	REPS	REST
Incline Bench Press	4	8	90 Sec
Dumbbell Bench Press	3	12	60 Sec
Dumbbell Fly	3	12	60 Sec
Wide Grip Push Ups	2	Failure	60 Sec
Seated Calf Press	3	12	30 Sec

DAY 30 REST

DAY 31 - BACK & BICEPS

EXERCISE	SETS	REPS	REST
Single Arm Dumbbell Row	4	8	90 Sec
Chin ups	3	max	60 Sec
Wide Grip Seated Row	3	12	60 Sec
Back Extension	3	12	60 Sec
Hammer Curl	3	12	60 Sec
Incline Biceps Curl	3	12	30 Sec

DAY 32 - SHOULDERS & TRICEPS

EXERCISE	SETS	REPS	REST
Seated Military Press	4	8	90 Sec
Seated Lateral Dumbbell Raise	3	12	60 Sec
Rear Cable Cross Over	3	12	60 Sec
Dumbbell Shrug	3	12	60 Sec
Tricep Rope Extension	3	12	60 Sec
Reverse Grip Tricep Pull Down	3	12	60 Sec
Seated Tricep Dumbbell Extension	3	12	30 Sec

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DAY 33 REST

DAY 34 - LEGS

EXERCISE	SETS	REPS	REST
Box Pause Squat	4	10	90 Sec
Leg Press	3	12	90 Sec
Stiff Leg Deadlift	3	12	90 Sec
Leg Curl	3	12	90 Sec
Leg Extension	3	20	30 Sec

DAY 35 - CHEST, CALVES & ABDOMINALS

EXERCISE	SETS	REPS	REST
Bench Press Pause Press	4	10	90 Sec
Dumbbell Fly	3	12	90 Sec
Incline Cable Fly	3	12	90 Sec
Standing Calf Raise	3	20	90 Sec
Leg Raise	3	15	30 Sec

DAY 36 REST

DAY 37 - BACK & BICEPS

EXERCISE	SETS	REPS	REST
Bentover Barbell Row (Underhand Grip)	4	10	90 Sec
Chin Ups Wide Grip	3	12	90 Sec
Close Grip Pulldown	3	12	90 Sec
T-Bar Row	3	12	90 Sec
Barbell Curls	3	12	90 Sec
Preacher Curls	3	12	30 Sec

DAY 38 - SHOULDERS & TRICEPS

EXERCISE	SETS	REPS	REST
Standing Dumbbell Shoulder Press	4	10	90 Sec
Incline Front Dumbbell Raise	3	12	90 Sec
Seated Rear Delt Fly	3	12	90 Sec
Barbell Shrug	3	12	90 Sec
Tricep Rope Extension	3	12	90 Sec
Tricep Cable Push-Down	3	12	90 Sec
Tricep Overhead Extension	3	12	30 Sec

DAY 39 REST

DAY 40 - LEGS

EXERCISE	SETS	REPS	REST
Deadlift	4	8	90 Sec
Front Squat	3	12	90 Sec
Stiff Leg Deadlift	3	12	90 Sec
Leg Curls	3	12	90 Sec
Walking Lunges	2	30	90 Sec
Standing Bodyweight Calves	2	100	60 Sec

DAY 41 - CHEST & ABDOMINALS

EXERCISE	SETS	REPS	REST
Bench Press	4	8	90 Sec
Close Grip Bench Press	3	12	90 Sec
Incline Cable Fly	3	12	90 Sec
Dumbbell Fly	3	12	90 Sec
Leg Raise	3	15	90 Sec
Ab Crunch	3	20	30 Sec

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DAY 42 - BACK

EXERCISE	SETS	REPS	REST
T Bar Row	4	8	90 Sec
Cable Row	3	12	90 Sec
Close Grip Chin up	3	max	90 Sec
Rear Delt Flys	3	12	90 Sec
Back Extension	3	12	30 Sec

DAY 43 - CHEST/BACK

EXERCISE	SETS	REPS	REST
Bench Press	3	15	30sec
T-Bar Row	3	15	30sec
Incline Dumbbell Flyes	3	15	0 sec
Push Ups	3	10	60 sec
Wide Grip Pulldown	3	15	30 Sec

DAY 44 - LEGS

EXERCISE	SETS	REPS	REST
Back Squats	3	15	30 sec
Stiff Leg Deadlifts	3	15	30 sec
Leg Press	3	15	0 sec
Walking Lunges	3	15	60 Sec
Seated Calf Raise	3	20	30 Sec

DAY 45 REST

DAY 46 - SHOULDERS

EXERCISE	SETS	REPS	REST
Seated Military Press	3	15	30 sec
Arnold Press	3	15	30 sec
Dumbbell Shrug	3	15	30 sec
Lateral Raise	3	15	0 sec
Front Rasie	3	15	60 sec

DAY 47 - BICEPS AND TRICEPS

EXERCISE	SETS	REPS	REST
Close Grip Bench Press	3	15	30 sec
Dumbbell Curls	3	15	30 sec
Rope Pushdown	3	15	0 sec
Dumbbell Kickback	3	15	60 Sec
Hammer Curls	3	15	0 sec
Dumbbell Concentration Curls	3	15	60 sec

DAY 48 REST

DAY 49 - CHEST/BACK

EXERCISE	SETS	REPS	REST
Dumbbell Press	3	15	30 sec
Incline Bench Press	3	15	30 sec
Chin Up (Assisted or Bodyweight)	3	max	0 sec
Close Grip Pulldown	3	15	60 sec
Rear Dumbbell Fly	3	15	30 Sec

DAY 50 - LEGS AND ABS

EXERCISE	SETS	REPS	REST
Deadlift	3	15	30 sec
Front Squat	3	15	30 sec
Leg Extension	3	20	0 sec
Hamstring Curl	3	20	60 Sec
Calf Raisers	3	30	30 Sec
Ab Crunch	3	max	30 sec

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DAY 51 REST

DAY 52 - SHOULDERS AND ABS

EXERCISE	SETS	REPS	REST
Seated Machine Shoulder Press	3	15	30 sec
Seated Lateral Raisers	3	15	30 sec
Dumbbell Lateral Raisers	3	20	0 sec
Dumbbell Front Raisers	3	20	60 Sec
Plank	3	max	0 sec
Leg Raisers	3	20	60 sec

DAY 53 - BICEPS AND TRICEPS

EXERCISE	SETS	REPS	REST
Close Grip Bench Press	3	15	30 sec
Single Arm Cable Tricep Extension	3	15	0 sec
Cable Overhead Tricep Extension	3	15	60 sec
EZ Bar Preacher Curl	3	15	30 sec
Bench Dips or Parallel Bar Dips	3	max	0 sec
Rope Pushdown	3	15	60 sec

DAY 54 REST

DAY 55 - CHEST AND BACK

EXERCISE	SETS	REPS	REST
Incline Bench Press	3	15	30 sec
Wide Grip Pulldown	3	15	30 sec
Incline Dumbbell Flyes	3	15	0 sec
Flat Dumbbell Press	3	15	60 sec
Push Ups	3	max	30 Sec
Seated Row	3	15	30 sec

DAY 56 - LEGS

EXERCISE	SETS	REPS	REST
Back Squats	3	20	30 sec
Leg Curl	3	15	0 sec
Leg Extension	3	15	60 sec
Wall Sit - Holding	2	max	60 Sec
Calf Press on Leg Press	2	50	60 sec

DAY 57 REST

DAY 58 - BACK/SHOULDERS

EXERCISE	SETS	REPS	REST
Barbell Push Press	3	15	30 sec
Close Grip Lat Pulldown	3	15	30 sec
Barbell Row	3	15	0 sec
Bent Over Reverse Lateral raise	3	20	60 Sec
Upright Row	3	15	30 Sec

DAY 59 - BICEPS AND TRICEPS

EXERCISE	SETS	REPS	REST
Close Grip Bench Press	3	15	30 sec
Dumbbell Curls	3	15	0 sec
Close Grip Push Ups	3	max	60 Sec
EZ Bar Preacher Curl	3	15	0 sec
Concentration Curl	3	20	60 sec
Tricep Rope Pushdown	3	20	30 sec

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DAY 60 REST

DAY 61 - BACK & BICEPS

EXERCISE	SETS	REPS	REST
Deadlift	3	15	30 sec
Lat Pulldown Close Grip	3	15	30 sec
Seated Row	3	15	0 sec
Standing Rear Flys	3	20	60 Sec
Seated Dumbbell Curls	3	15	0 sec
Seated Hammer Curls	3	15	60 sec

DAY 62 - SHOULDERS & TRICEPS

EXERCISE	SETS	REPS	REST
Push Press	3	15	30 sec
Front Raise	3	15	0 sec
Lateral Raise	3	15	60 Sec
Dumbbell Shrug	3	15	30 sec
Tricep Cable Push-Down	3	20	0 sec
Overhead Rope Tricep Extension	3	20	60 Sec
Dumbbell Kickbacks	3	20	30 Sec

DAY 63 ACTIVE REST

DAY 64 - LEGS

EXERCISE	SETS	REPS	REST
Pause Squats (2 sec hold)	3	15	60 sec
Sumo Squat	3	15	60 Sec
Leg Extension	3	15	0 sec
Lying Leg Curl	3	15	60 Sec
Standing Bodyweight Calf Raise	3	50	30 sec

DAY 65 - CHEST

EXERCISE	SETS	REPS	REST
Bench Press	3	15	30 sec
Decline Bench Press	3	15	30 Sec
Cable Chest Fly	3	15	0 sec
Push Ups	3	max	60 Sec
Chest Press Machine	2	20	30 Sec

DAY 66 REST

DAY 67 - BACK & BICEPS

EXERCISE	SETS	REPS	REST
Chin Ups	3	max	30 sec
One Arm Row	3	15	30 sec
Straight Arm Pulldown	3	15	0 sec
Cable Row	3	15	60 Sec
Concentration Curl	3	15	30 sec
Cable Curls	3	12	0 sec
Standing Hammer Curls	3	15	60 sec

DAY 68 - SHOULDERS & TRICEPS

EXERCISE	SETS	REPS	REST
Arnold Press	3	15	30 sec
Shoulder Press Machine	3	15	30 sec
Lateral Raise	3	15	0 sec
Upright Row	3	15	60 Sec
Tricep Rope Push-Down	3	12	0 sec
Reverse Grip Tricep Pull Down	3	12	60 Sec
Skull Crusher	3	20	30 Sec

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DAY 69 ACTIVE REST

DAY 70 - LEGS

EXERCISE	SETS	REPS	REST
Squat	3	15	0 sec
Leg Extension	3	15	60 Sec
Stiff Deadlift	3	15	0 sec
Hamstring Curl	3	15	60 Sec
Dumbbell Walking Lunges	3	20	30 Sec



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