



Summer Body Guide



Here's our **6 week summer body guide**, perfect for getting in shape for those hot summer days at the beach, the park or even just showing off at the gym. We've got a full plan for the week, complete with exercises, sets and repetitions.

Legs

- 4 x 8 Heavy Leg Curls
- 4 x 8 Heavy Leg Extension
- 3 x 20 Squats
- 3 x 20 Lunges
- 3 x 20 Calf Raises

Back & Biceps

- 3 x 20 Wide Grip Pull Ups
- 3 x 20 Close Grip Pull Ups
- 4 x 10 Rows
- 4 x 10 Dumbbell Curls
- 4 x 10 Hammer Curls
- 4 x 10 Cable Hammer Curls

Chest & Triceps

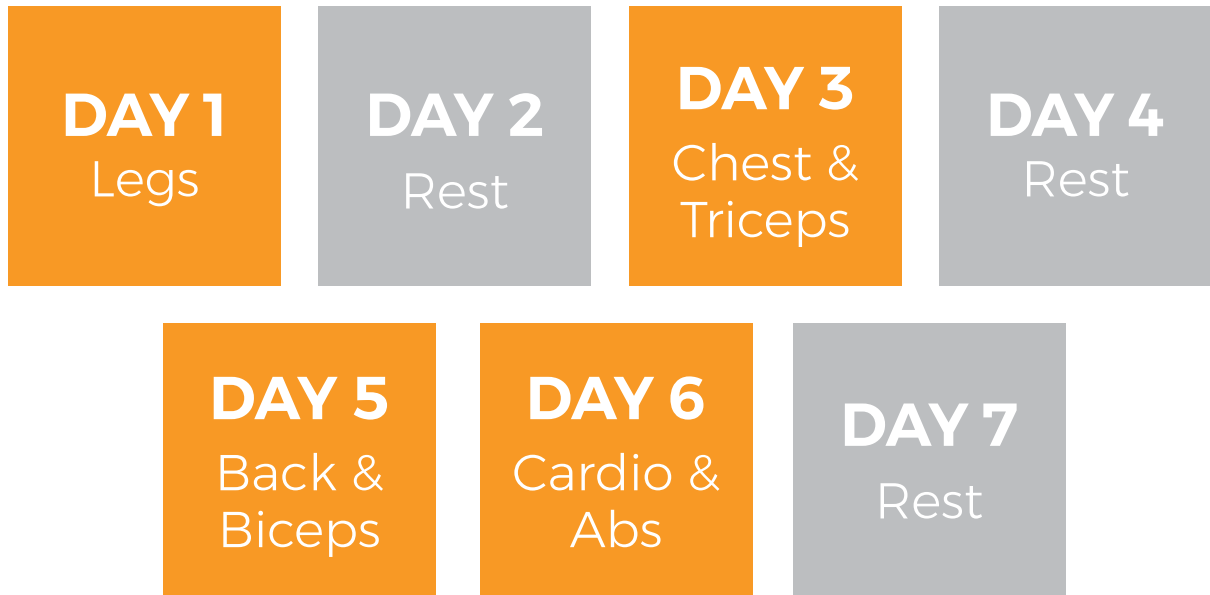
- 3 x 12 Cable Flyes
- 3 x 12 Incline Dumbbell Press
- 4 x 8 Heavy Bench Press
- 3 x 12 Cable Tricep Extensions
- 3 x 12 Overhead Cable Tricep Extensions
- 4 x 20 Press Ups

Cardio & Abs

- 3 x 12 Ab Wheel Roll Out
- 3 x 30 Seconds Flutter Kicks
- 3 x 12 Leg Raises
- 3 x 20 Mountain Climbers
- 3 x 20 High Knees
- HIIT Row – 5 Minutes (30s on / 30s off)
- HIIT Cycle – 5 Minutes (30s on / 30s off)

Rules

1. Limit your rest periods between sets to 90-120 seconds maximum
2. Be sure you're hitting each rep with strict form.
3. Warm up well before starting each workout
4. Finish each workout with 15-20 minutes of steady state cardio.
5. Don't waste time between exercises, move straight onto the next



Top Tips for Leaning Out

1. Cut Out The Sugar
2. Drink Black Coffee / Green Tea
3. Stay Hydrated
4. No Alcohol
5. Reduce Dairy and Bread
6. Avoid Processed Foods
7. Stay Active Outside The Gym
8. Eat Healthy Fats
9. Rest Well
10. More Fiber

Top Songs for Working Out

1. Lethal Bizzle - Rari WorkOut
2. Olivia Newton-John - Physical
3. Technotronic - Pump Up The Jam
4. Welcome to the Jungle - Guns N' Roses
5. Fight the Power - Public Enemy

Support your workout with these supplements



Optimum Nutrition Gold Standard Pre Workout

PRE WORKOUT



Grenade Black Ops

FAT BURNER



PhD Nutrition Recovery 2:1

POST WORKOUT