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GetFitGoFigure.com

Contest Prep 2015

Disclaimer: This information is not intended to diagnose, treat, cure, or prevent any disease. Exercise programs are very individual and the information provided by this website is not a substitute for a face to face consultation with your physician, and should not be construed as individual medical or nutrition advice. It is intended as sharing of knowledge and information from the research and experience of Heather Owen and her community. Make your own health care decisions based upon research and in partnership with a qualified health care professional.

This is my twice a week workout for Week 11 of Contest Prep 2015 and on. As long as my shoulders hold out well, I will continue the program below. Push days are shoulders, chest and triceps. Pull days are back and biceps and the lower body day is legs and abs.

Saturday: Heavy-PUSH
Sunday: Heavy- PULL
Monday: Heavy- LOWER BODY
Tuesday: High rep-PUSH
Wednesday: High rep- PULL
Thursday: High rep- LOWER
Friday: Off

Below are 3 weeks' worth of workouts. Once I am done with week 3, I will start over on week 1 and try and beat what I had done for that week by either increasing reps or weight or decreasing rest time. I rest 30-60 seconds between sets. There are many exercises to swap out for the ones below. These exercises work for me, my goals, and the equipment available to me.

* immediately reduce weight by 30% and do a drop set.
**Superset w/ exercise below

Week 1:

Heavy PUSH		aka wk 1
Shoulders	Sets	Reps
Dumbbell shoulder press	5	8-10*
DB rear delt raises	4	10-12
High side lateral raises	3	10-12
DB front raises	3	15-18
Handstands- hold up to 2 min		
Chest		
Flat Bench press	4	6-10
Incline Push ups		40
Triceps		
Skull crusher (laying down)	4	8-10*
Cable tricep push down	4	8-10*
Seated overhead DB ext	3	8-10
Heavy PULL		
Back	Sets	Reps
Reverse grip bent over row	5	6-10*
Wide grip pull ups	3	failure
One arm DB row	4	6-10*
Lat pull downs	4	6-10*
Seated Cable Row	3	6-10
Biceps		
EZ bar curl	4	8-10*
1 arm dumbbell preacher curls	3	8-10*
DB curls	3	8-10*
Legs and Abs Heavy(ish)		
Legs		
Squats	4	15-20
Leg extensions 1 legged	3	8-10*
Hams		
Smith machine lunges	5	8-12*
Cable leg curl extensions	3	8-10*
Cable kick backs	3	10-12*
Calves	3	10-12*
Abs - superset all		
Leg lifts, ball crunch, bicycle crunch	3	
hang raise (hold 45 then 90)	2	15
High Rep Push		
Shoulders	Sets	Reps
Dumbbell shoulder press	5	15-20

DB rear delt raises	4	15-20
High side lateral raises	3	12-15
DB front raises	3	15-20
Handstands- hold up to 2 min		
Chest		
Flat Bench press	3	15-18
Incline Push ups		30
Triceps		
Skull crusher (laying down)	4	15-18
Cable tricep push down	4	15-18*
Seated overhead DB ext	3	15-18
High rep PULL		
Back	Sets	Reps
Reverse grip bent over row	5	15-18
Horizontal pull ups	3	30
One arm DB row	3	15-18
Lat pull downs	4	15-20
Seated Cable Row	4	15-20
Biceps		
EZ bar curl	4	15-18
1 arm dumbbell preecher curls	3	15-18
DB curls	3	15-18
Legs and Abs High Rep		
Legs		
Jack knife squats	3	40
Leg extensions- 1 legged	3	15-20
Hams		
Smith machine lunges	5	15-20
Cable leg curl extensions	3	15-20
Cable kick backs	3	15-20
Glut thruster	3	15-18
Calves	4	15-18
Abs - superset all		
Leg lifts, ball crunch, bycle crunch	3	
hang raise (hold 45 then 90)		

Week 2:

Heavy PUSH		aka wk 2
Shoulders	Sets	Reps
Dumbbell shoulder press	5	6-10*

Cable cross rear delt	3	10
DB lateral raises	3**	10
DB front raises	3	10*
Handstands- hold up to 2 min	3	
Chest		
DB Bench press	5	6-10*
Incline Push ups	3	30
Triceps		
Dips (with weights, or dip machine)	4	failure
Dumbbell overhead extensions- cable	4	8-10*
DB kickbacks	4	10*
Heavy PULL		
Back	Sets	Reps
Deadlift	4	6-8
Bent over rows- reverse grip	5	6-10*
Horizontal pull ups	3	30
Lat pull downs	5	6-10*
Seated Cable Row	3	10*
Biceps		
Concentration curls	4	8-12*
EZ bar curl	3	8-10
Cable curls	3	10*
Legs and Abs Heavy(ish)		
Legs		
Narrow leg squats	5	15-18
Leg press or leg extensions	3	10*
Jack knife squats	3	40
Hams		
Smith machine lunges	5	8-10*
Cable leg curl extensions	3**	10*
Cable kick backs	3**	10-15*
walking lunges with BB or DB	4	10-15*
Abs - superset all		
Reverse crunch, vertical leg crunch	3	
planks, hang raise (hold 45 then 90)		
High Rep Push		
Shoulders	Sets	Reps
Dumbbell shoulder press	5	15-20
Cable cross rear delt	3	12-15
DB lateral raises	4	15-20
DB front raises	3	15-20
Handstands- hold up to 2 min	3	
Chest		
DB Bench press	3	15-20

Incline Push ups	3	30
Triceps		
Dips (with weights, or dip machine)	3	To Failure
Dumbbell overhead extensions-cable	3	15-20
DB kickbacks	3	15-20
High rep PULL		
Back		
	Sets	Reps
Horizontal pull ups	3	30
Lat pull downs	4	15-20
Seated Cable Row	4	15-20
1 arm dumbbell row	4	15-20
Biceps		
Concentration curls	4	15-20
EZ bar curl	4	15-20
Cable curls	4	15-20
Legs and Abs High Rep		
Legs		
Leg press or leg extensions	3	15-20
Jack knife squats	3	40
Hams		
Smith machine lunges	4	15-20
Cable leg curl extensions	3	15-20
walking lunges with BB or DB	4	12-15
Glute Thruster	3	15-20
Abs- superset		
Reverse crunch, vertical leg crunch	3	
planks, hang raise (hold 45 then 90)		

Week 3:

Heavy PUSH		aka wk 3
Shoulders	Sets	Reps
Arnold press	5	6-10*
Rear Delt on pec deck	3	6-10*
Cable lateral raises	3**	10-12*
Front plate raises	3	10-15
Handstands- hold up to 2 min	3	
Chest		
BB incline bench press	3	6-10*
Incline Push ups	3	30
Triceps		
French Press (sitting up)	4	6-10*

Bench dips	3	failure
Reverse grip cable pushdown	3	8-10*
Heavy PULL		
Back	Sets	Reps
Bent over row	5	6-10*
Reg. grip pull-up	3	failure
Lat pull downs-wide grip	5	6-10*
Seated Cable Row	4	6-10*
Biceps		
Cable preacher curls	4	6-10*
DB hammer heads	4	6-10
Reverse grip pull downs on lat pulldown	4	6-10*
Legs and Abs Heavy (ish)		
Legs		
Front squat	4	15-18*
Leg press	3	8-10*
Jack knife squats	3	40
Hams		
Straight leg deadlift	3	10-12*
Split squat with bench - smith machine or DB	4	8-10*
Cable kick backs	3	10-12*
Abs - superset all		
dragon flag, cross climber on swiss ball floor crunches/machine. Frog hangs (45 then 90)		
High Rep Push		
Shoulders		
Sets	Reps	
Arnold press	5	15-20
Rear Delt on pec deck	4	15-20
Cable lateral raises	4	42353
Front plate raises	3	15-20
Handstands- hold up to 2 min	3	
Chest		
BB incline bench press	3	15-18
Incline Push ups	3	30
Triceps		
French Press (sitting up)	4	15-18
Bench dips	3	failure
Reverse grip cable pushdown	4	15-18
High rep PULL		
Back		
Sets	Reps	
Bent over row	5	15-20
Reg. grip pull-up to failure	4	30

Lat pull downs-wide grip	4	15-20
Seated Cable Row	3	15-20
Biceps		
Cable preacher curls	4	15-20
DB hammer heads	4	15-20
Reverse grip pull downs on lat pulldown	4	15-20
Legs and Abs High Rep		
Legs		
Leg press	3	15-20
Jack knife squats	3	40
Hams		
Straight leg deadlift	3	15-20
Split squat with bench - smith machine or DB	4	15-20
Cable kick backs	4	15-20
Glut thruster	4	15-20
Abs - superset all		
dragon flag, cross climber on swiss ball	3	
floor crunches/machine. Frog hangs (45 then 90)		
planks, hang raise (hold 45 then 90)		