

The 300 Rep Workout by Aesthetic-Physiques.com

Day 1

Exercise	Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Barbell Flat Bench	10	10						
Incline Barbell Bench Press	10	10						
Cable Fly with Pronated Grip	10	10						
Ab Wheel	4	15						

Day 2

Exercise	Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Pullup / Lat Pulldown	10	10						
Dumbbell Row	10	10						
Chin Up	10	10						
Crunches	4	25						

Day 3

Exercise	Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Seated Barbell Shoulder Press	10	10						
Barbell Shrugs	10	10						
EZ-Bar Upright Row	10	10						
Plank	4	1 min						

Day 4

Exercise	Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
EZ-Bar Curl	5	10						
Assisted Pull ups	5	10						
Barbell Bent Over Row	5	10						
Dumbbell Incline Curl	5	10						
Myotatic Crunch	4	12						

Day 5

Exercise	Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Squat	10	10						
Deadlift	10	10						
Seated Calf Raise	10	10						
Toes 2 Bar	4	12						