

### Lift Heavy Get Lean Workout by Aesthetic-Physiques.com

Day 1	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Incline Barbell Bench	35						
Squat	35						
Pullup	20						
Walking lunge	20						
DB Standing Shoulder press	35						
DB Row	20						
Finisher	120 sec						

Finisher  
 Burpees  
 Mountain climbers  
 Sled pushing  
 Farmers walk  
 Bodyweight squats  
 Pushup  
 Hip thrusters  
 Step ups  
 Inverted rows  
 Split squats  
 Jumping jacks  
 Medicine ball throws  
 Tire flipping  
 Side lunges

Day 2	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Deadlift	20						
DB Bench Press	35						
Barbell Bent over row	20						
Front Squat	35						
DB Lat Raise	35						
Chin ups	20						
Finisher	120 sec						

Day 3	Sets	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Toes-to-bar	3	20						
Back extension	3	25						
Cable crunch	4	25						
Superman	4	15						
Swiss Ball Pike	4	15						
Deadbug	4	15						

Day 4	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Split Squats	35						
Seated Cable Row	20						
DB Chest Flyes	35						
Sumo deadlift	20						
Seated DB Shoulder press	35						
Lat Pull down	20						
Finisher	120 sec						

Day 5	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Leg Press	35						
Chest press machine	35						
Wide grip pullups	20						
RDL	20						
Standing Arnold Press	35						
Chest Supported Machine rows	20						
Finisher	120 sec						