

JON MOODY

HUMAN

WORKOUT PLAN

MONDAY:

Legs (Quad Dominant) & Abs

Squats (Back or Front)
Sets: 4
Reps: 6-8

Leg Press
Sets: 4
Reps: 8-10

Walking Lunges
Sets: 3
Reps: 10-12 each leg

Leg Extensions
Sets: 3
Reps: 12-15

Hanging Leg Raises
Sets: 4
Reps: 10-15

TUESDAY:

Chest & Triceps

Bench Press
Sets: 4
Reps: 6-8

Incline Dumbbell Press
Sets: 3
Reps: 8-10

Dumbbell Flyes
Sets: 3
Reps: 10-12

Skull Crushers
Sets: 3
Reps: 8-10

Tricep Dips
Sets: 3
Reps: 10-12

WEDNESDAY:

Rest or Active Recovery
(light cardio, stretching, yoga)

THURSDAY:

Back & Biceps

Deadlifts
Sets: 4
Reps: 6-8

Pull-Ups
Sets: 4
Reps: 6-8 or to failure

Barbell Rows
Sets: 3
Reps: 8-10

Barbell Bicep Curls
Sets: 3
Reps: 8-10

Hammer Curls
Sets: 3
Reps: 10-12

FRIDAY:

Legs (Hamstring & Glute Dominant) & Calves

Romanian Deadlifts
Sets: 4
Reps: 6-8

Bulgarian Split Squats
Sets: 3
Reps: 8-10 each leg

Glute Bridges
Sets: 3
Reps: 10-12

Calf Raises
Sets: 4
Reps: 12-15

SATURDAY:

Shoulders & Abs

Overhead Press
Sets: 4
Reps: 6-8

Lateral Raises
Sets: 3
Reps: 10-12

Face Pulls
Sets: 3
Reps: 12-15

Plank
Duration: 3 sets of 45 seconds to 1 minute

SUNDAY:

Rest or Active Recovery (light cardio, stretching, yoga)

NOTES:

Warm up for 10-15 minutes before starting each workout with light cardio and dynamic stretching.

Add a cool-down of 10-15 minutes at the end of each session focusing on static stretching.

Adjust the weights used to ensure they are challenging but allow for maintaining good form.

Hydrate well, ensure adequate nutrition, and get enough rest for recovery.

As always, please consult with a fitness professional or personal trainer to ensure that the exercises are suitable for you and that you're executing them with the correct form.

**GRIND. YOU HAVE PERMISSION
TO BE GREAT!**