



80/20

WORKOUT

PROGRAM

*Workout program for busy people*

**BY GEORGE WONG**

# Set Rep Scheme

Leg workout 1		
	Squat	6 sets of 8 reps
	Hyperextension	3 sets of 20
	Leg extension	3 sets to failure
	Leg curls	3 sets to failure

Leg workout 2		
	Romanian deadlift	6 sets of 8 reps
	Hack squat or Leg press machine	4 sets of 10-12 reps
	Kettlebell swing	2 sets of 20
	Kettlebell clean & jerk	2 sets of 8 each side

Chest & Back		
Superset	(Assisted) Dips	5 sets of 10
	(Assisted) Chin ups/Pull ups	5 sets of 10
Superset	Incline dumbbell press	3 sets of 15
	Bent over dumbbell row	3 sets of 15
	Bicep curls	2 sets to failure
	Triceps extension	2 sets to failure

Chest, Shoulders & Triceps		
	Bench press (Heavy)	5 sets of 5
	Bench press (at a lighter weight)	2 sets to failure
	Pec deck fly	2 sets to failure
	Triceps extension	3 sets to failure
	Seated shoulder press	2 sets of 15

Back & Biceps		
	Deadlift	4 sets of 8
	Lats pull down	3 sets to failure
	Seated cable row	3 sets to failure
	Bicep curls	2 sets to failure

Shoulders & Abs		
	Sit ups	3 sets to failure
	Leg raises	3 sets to failure
Superset	Seated shoulder press	3 sets of 12
	Upright rows	3 sets of 12
	Side lateral raises	2 sets to failure

## 3 Day split

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Leg workout 1		Chest & Back			Shoulders & Abs	

## 4 Day Split

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Leg workout 2		Chest, Shoulders & Triceps		Back & Biceps		Shoulders & Abs

## Tips

1. Pay attention to your recovery in between sets
2. Stretch and massage on rest days
3. For exercises with less than 10 reps, go as heavy as you comfortably can
4. For exercises above the 10 rep rep range, go at 50% max
5. I don't take any supplements, so I don't have any to recommend
6. Eat real, unprocessed food as much as possible