

MIKE COUNIHAN

TRAINING & NUTRITION

Program



Nutrition

Meal 1: Level-1 Shake - 2scoops

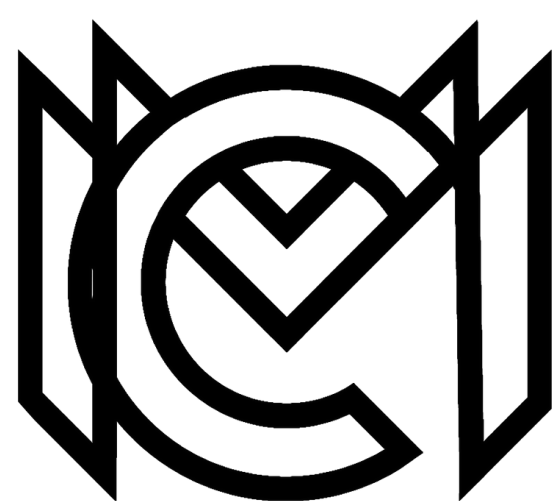
Meal 2: 6 egg whites + 4oz potato

Meal 3: 6oz protein, 1/2 cup rice + veg

Meal 4 (pre-workout): 6oz protein, 1 cup rice +
veg

Meal 5 (post-workout): Phormula-1 - 2 scoops,
1 scoop ignition

Meal 6: 6oz protein and veg.



Monday Workout

Chest

Incline Bench: 25, 20, 15, 10, 8

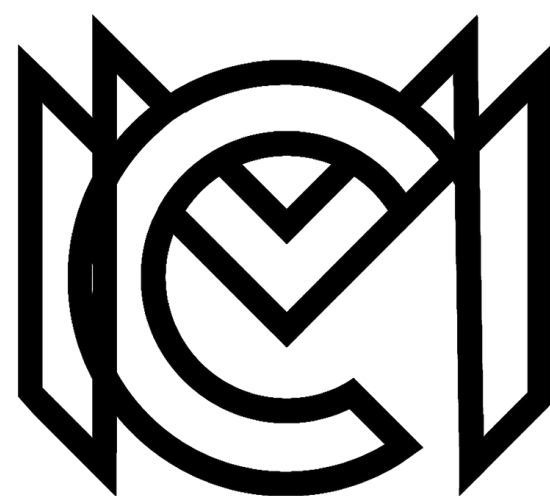
Flat Bench: 15, 12, 10, 8, 6

Incline Dumbbell flys: 4x20

Cable Flys: 4x15

Push Ups: 3 sets to failure

30 min Walking with Incline



Tuesday Workout

Back

Wide grip Lat Pull Down: 25,20,15,12,10

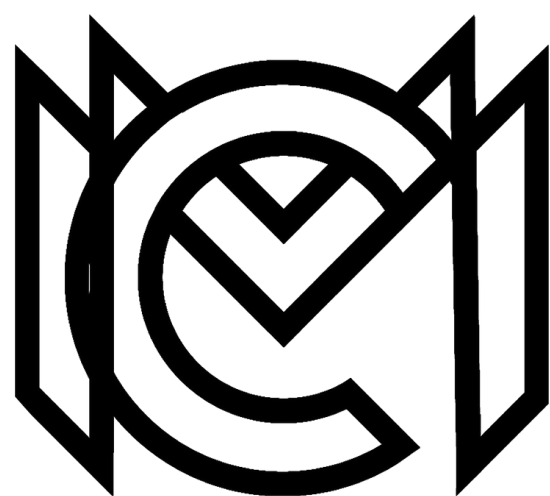
Reverse Grip Pull Down (grip shoulder width):
same reps

Close Grip Pulldowns: same reps (palms
facing each other)

Bent Over Barbell Rows: 12,10,8,6

Bent Over Dumbbell Rows: 15,12,10,10

-30 min incline walk



Wednesday Workout

Arms

Standing Barbell Curls: 25,20,15,12,10

Alternating Dumbbell Curls: 15,12,10,8

Hammer Curls: 10,10,8,6

Easy Curl Cable Curls: 20,15,12,10, Failure

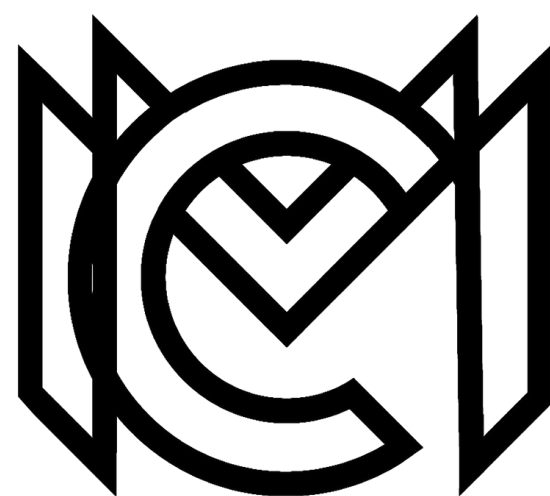
Triceps Push Down with Rope: 25,20,15,12,10

Triceps Push Down with T-Bar: 15,12,10,10,8

Skull Crushers: 12,10,8,6

Close Grip Bench Press: 15,12,10,8,6

30 min Incline Walk



Thursday Workout

Shoulders

Dumbbell Shoulder Press or Smith Machine Military Press: 20,15,12,10,8

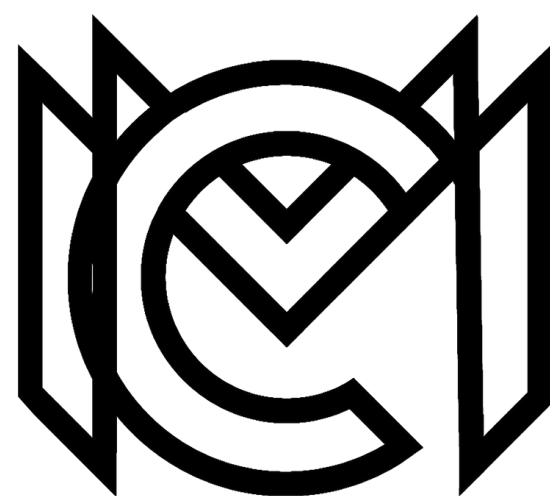
Rear Delt Flys: 20,15,12,10

Lateral Raises: 25,20,15,12,10,8

Leaning Cable Lateral Raises: 4x20

Upright Rows Wide Grip: 20,15,12,10

30 min incline walk



Friday Workout

Legs

Leg Extensions: 25,20,15,10,10

Squats: 20,15,12,10,6,4

Weighted Lunges: 4x20

Stiff Leg Deadlifts: 4x20

Leg Curls: 25,20,15,10

Walking Lunges: 15 steps to each side - 3 Sets

