

TRAIN WITH **GAZ**

@GAZOHARDY

IGNITION WORKOUT PLAN



DAY 1 PUSH DAY (GYM)

- 2 x 20 DB Incline Flys
- 1 x 5 BB Flat Bench Press
- 2 x 15 BB Flat Bench Press
- 2 x 8-12 Machine Chest Press
- 1 x 5 BB Overhead Press
- 2 x 20 BB Overhead Press
- 2 X 12 DB Front Raises
- 2 x 12 DB Side Raises
- 3 x 20 Tricep Dips
- 3 x 20 Tricep Rope Extensions

DAY 2 PULL DAY (GYM)

- 2 x 20 BB Rack Pulls
- 1 x 5 BB Stiff Leg Deadlift
- 2 X 12 BB Bent Over Rows
- 2 x 20 DB Shrugs
- 3 x 15 Hyperextensions
- 3 x 15 Lying Leg Curl
- 3 x 20 Seated Hammer Curls
- 3 x 20 Close Grip BB Curls

DAY 3 LEG DAY & CORE (GYM)

- 2 x 20 Hack Squats
- 1 x 5 BB Deadlift
- 1 x 5 Seated Leg Extension
- 2 x 20 DB Reverse Lunges
- 2 x 20 DB Calf Raises
- 2 x 20 DB Wide Stance Calf Raises
- 4 x 20 Gym Ball Sit Ups
- 4 x 20 Hanging Knee Raises
- 4 x 20 DB Russian Twists
- 4 x 20 Rope Cable Crunches

DAY 4 ACTIVE RECOVERY

- 45 Minute Power Walk



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DAY 5 PUSH DAY (GYM)

- 2 x 20 Standing Cable Flys
- 1 x 5 BB Incline Bench Press
- 2 x 15 BB Incline Bench Press
- 2 x 8-12 Machine Overhead Press
- 2 X 12 DB Front Raises
- 2 x 12 DB Side Raises
- 2 x 12 BB Close Grip Bench Press
- 1 x 5 BB Close Grip Bench Press

DAY 7 LEG DAY (GYM)

- 2 x 20 BB Squats
- 1 x 5 BB Squats
- 3 x 30,20,10 Seated Leg Extension
- 1 x 5 Seated Leg Extension
- 2 x 12 DB Bulgarian Split Squats
- 1 x 5 BB Stiff Leg Deadlift
- 2 x 20 DB Calf Raises
- 2 x 20 DB Wide Stance Calf Raises

DAY 6 PULL DAY (GYM)

- 2 x Failure Wide Grip Pull Ups
- 3 x 20 Lying Leg Curl
- 2 x 12 Machine Lat Pull Down
- 1 x 5 Machine Lat Pull Down
- 3 x 12 DB Reverse Flys
- 3 x 20 Standing Hammer Curls
- 3 x 20 Wide Grip BB Curls

BB = BARBELL
DB = DUMBBELL



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IGNITION WORKOUT PLAN HOME EDITION



DAY 1

10 Push Ups
10 Jumping Squats
10 Sit Ups
Rest 30 seconds
Repeat x 10

DAY 2

30 Minute Outdoor Run

DAY 3

3 x 10 Plank Jacks
3 x 10 Leg Raises
3 x 10 Close Grip Push Ups
3 x 10 Sit Ups
3 x 10 Side Raises
3 x 10 Burpees
Plank Hold To Failure

DAY 4 ACTIVE RECOVERY

45 Minute Power Walk



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IGNITION WORKOUT PLAN HOME EDITION



DAY 5

20 Push Ups
20 Burpees
20 V-Ups
Rest 30 Seconds
Repeat x 5

DAY 7

3 x 1 Minute Shadow Boxing
3 x 1 Minute Plank Hold
3 x 1 Minute Mountain Climbers
3 x 1 Minute Star Jumps
3 x 1 Minute Push Ups

DAY 6

30 Minute Outdoor Run



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