

# Get fit and fuck yourself!

By Giuliano Duva

## **Tuesday: Legs**

Squats 5x5

DB Lunges 4x8

Wall sits 30s x 4

## **Wednesday: Shoulders**

Shoulder Press 5x5

Lat raises 5x10

Kettlebell swings 4x10

Front raises 4x12

DB Tricep Extensions 4x10

## **Friday: Back**

Deadlifts 5x5

Bicep Curls 4x10

DB Rows 4x8

## **Saturday: Chest**

DB Bench 5x5 (Figure something out, you bitch.)

DB Flys 5x8

Push ups 4x10

Pullovers 4x8

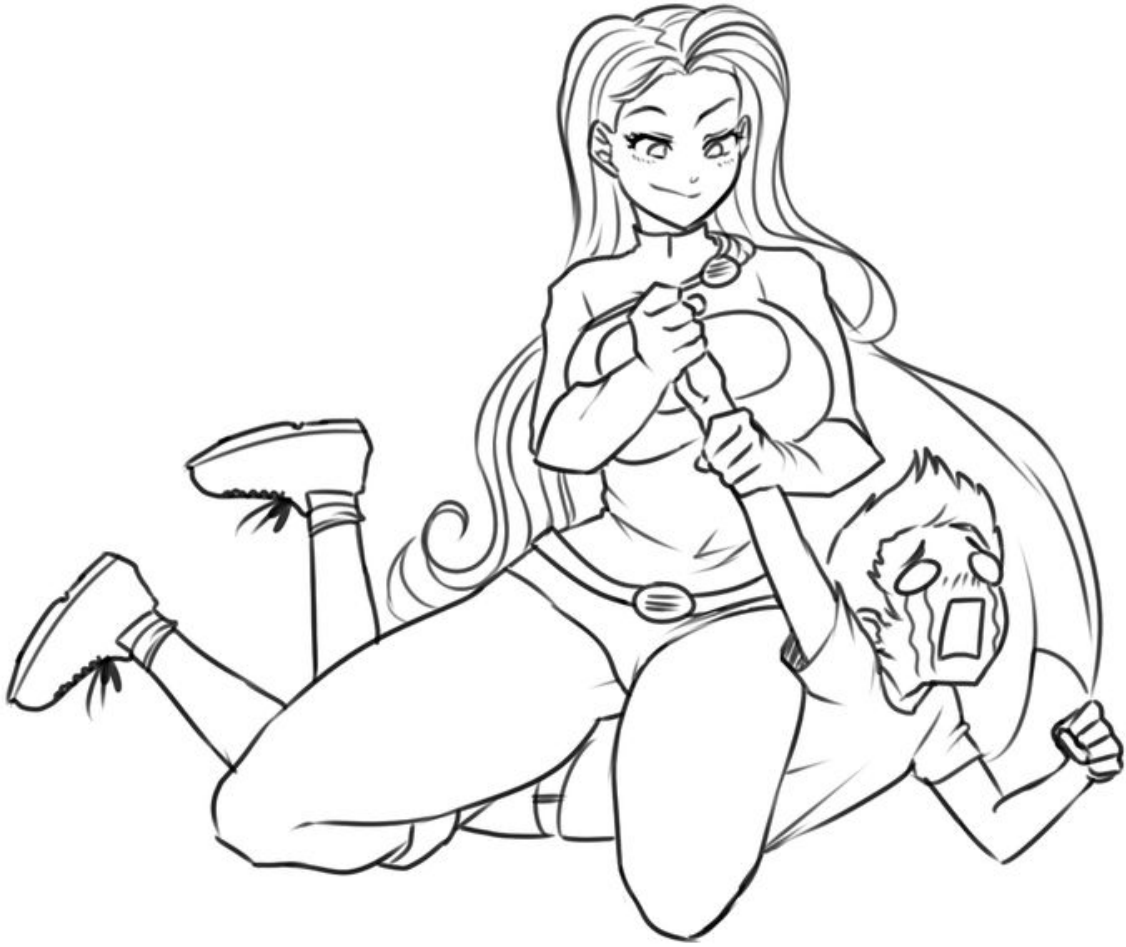
## **EVERY SINGLE DAY YOU WORK OUT:**

- Alternate jogging and sprinting for 30 seconds apiece for 10 minutes.

## **AND ALSO:**

- Do ab stuff. 30 s planks for 2 sets, plus 2 sets of either flutter kicks, toe touches, or 6 inches.

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(eventual goal)