

Brad Pitt Fight Club Workout

Monday — day for chest

- Push-ups — 3 sets of 25 repetitions
- Bench press — 25, 15 and 8 repetitions at 165, 195, 225 lbs
- Nautilus press — 15 repetitions at 80, 100, 130 lbs
- Incline press — 15 repetitions at 80, 100, 130 lbs
- Pec deck — 15 repetitions at 60, 70, 80 lbs

Tuesday — day for back

- 25 pull-ups — 3 sets to failure (as many repetitions as you can)
- Seated rows — 3 sets of 15 repetitions at 75, 80, 85 lbs
- Lat pull downs — 3 sets of 15 repetitions at 135, 150, 165 lbs
- T-bar rows — 3 sets of 15 repetitions at 80, 95, 110 lbs

Wednesday – day for shoulders

- Arnold dumbbell press — 3 sets of 15 repetitions at 55 lbs
- Side lateral raises — 3 sets of 15 repetitions at 30 lbs
- Front dumbbell raises — 3 sets of 15 repetitions at 25 lbs

Thursday – day for arms (biceps & triceps)

- Preacher curls — 3 sets of 15 repetitions at 60, 80, 95 lbs
- EZ cable curls — 3 sets of 15 repetitions at 50, 65, 80 lbs
- Hammer curls — 3 sets of 15 repetitions at 30, 45, 55 lbs
- Triceps push-downs — 3 sets of 15 repetitions at 70, 85, 100 lbs

Friday – Cardio

- Running on treadmill — one hour at 80 to 90 % of maximum heart rate

Saturday – Cardio

- Running on treadmill— one hour at 80 to 90 % of maximum heart rate