

Workout Plan

Legs - Quadriceps, Hamstrings and Calves

Barbell back squat to box

Single-Leg Press

Push - Chest, Shoulders and Triceps

Bodyweight Flyes

Dumbbell Bench Press

Triceps dip

Pull - Lats and Middle back

Rocky Pull-Ups/Pulldowns

Reverse-grip bent-over row

One-Arm Dumbbell Row

Incline Hammer Curls