

Workout Plan

Legs - Quadriceps, Hamstrings and Calves

Push-press

Reverse Band Box Squat

Barbell Full Squat

Natural Glute Ham Raise

Push - Chest, Shoulders and Triceps

Barbell Bench Press - Medium Grip

Behind-the-Neck Press

Chest dip

Overhead Press

Triceps dip

Pull - Lats and Middle back

Pullups

T-Bar Row with Handle

T-Bar Row

Barbell Curl