

Workout Plan

Legs - Quadriceps, Hamstrings and Calves

Tire flip

Reverse Band Box Squat

Barbell Full Squat

Jumping rope

Natural Glute Ham Raise

Push - Chest, Shoulders and Triceps

Bodyweight Flyes

Lateral Raise

Dumbbell Bench Press

Front Raise

Triceps dip

Decline EZ-bar skullcrusher

Pull - Lats and Middle back

Rocky Pull-Ups/Pulldowns

Reverse-grip bent-over row

One-Arm Dumbbell Row

Incline Hammer Curls