

FitJourney Workout Plan


45
Minutes

4
Exercises

advanced
Difficulty

Exercise List

- 1




barbell bench press

Target: pectorals

Equipment: barbell

Sets: 3 × Reps: 12
- 2




barbell decline close grip to skull press

Target: triceps

Equipment: barbell

Sets: 3 × Reps: 12
- 3




barbell full squat

Target: glutes

Equipment: barbell

Sets: 3 × Reps: 12
- 4



barbell seated calf raise

Target: calves

Equipment: barbell

Sets: 3 × Reps: 12

Generated by FitJourney on 5/18/2025