

Cardio each day

- 10 min slow incline walk

Push Day 1 (Chest)

- Bench press (5 Sets, 1 Warm Up – 10 reps, 4 Working – 8 – 10 reps)
- Dumbbell incline press (4 Sets – 8 – 10 reps)
- Barbell press (3 Sets 8 – 10 reps)
- Triceps pushdown with bar (4 sets 10 – 15 reps)
- Rear delt flies (3 sets 10 reps)
- Cable flies (High & Low) (3 sets H – 10 reps/ 3 sets L – 10 Reps)
- Seated shoulder press (3 sets 8 – 10 reps)
- Rope triceps push down – 3 steps, 2 step, straight down. (3 sets – 10 reps [Drop with steps Focus on Contraction])
- Chest press (3 sets 10 reps [All 3 grips] or [10, 12, 15 pyramid stets])
- Machine triceps puss down (4 sets 10 reps, both positions of machine)

Push Day 2 (Shoulders)

- Dumbbell bench press (5 Sets – 1 warm up 10 reps, 4 working 8 – 10 reps)
- Arnold press (4 Sets – 8 – 10 Reps)
- Triceps pushdown with bar (4 sets 10 – 15 reps)
- Lat raise with cable machine (Body 45 degrees turned) (4 Sets 10 reps)
- Z press (Smith machine/squat rack), seated on the ground press up (bar should be stationary then press up) (4 sets 10 reps)
- Rear delt flies (3 sets 10 reps)
- Peck deck (3 stets 10 reps – Last rep hold 10 – 15sec)
- Machine shoulder press & RB raises. (4 Sets 10 reps)
- Machine triceps puss down (4 sets 10 reps, both positions of machine)

Pull Day 1 (Back)

- Lat pulldown (5 Sets, 1 Warm up – 10 reps, 4 Working – 8 – 10 Reps)
- Strict Curl, step away follow in to drop set – focus on eccentric, till failure. (4 sets – SC 10 reps/ DS - Failure)
- Chest supported dumbbell/barbell row. (4 Sets 10 Reps)
- Rope Lat pull downs. (4 Sets 10 reps, Last rep focus on contraction)
- Machine preacher curl (4 sets, 3 sets 10 reps, 1 set Drop – 5 reps dropping in 2 plats [Drop 3 times- 15 reps last set])
- Seated row (4 sets 10 reps)
- Around the rack (No. 5 – 10, 10 reps then No. 1 – 5, 10 reps – 1 or 2 sets)

Pull Day 2 (Forearm & Biceps)

- T bar row (6 sets, 1 warm up 10 reps, 5 Working 10 – 12 reps)
- Zotoman curls (4 sets – 10 reps)
- Chest supported dumbbell/barbell row. (4 Sets 10 Reps)
- Hammer Curl (4 sets 10 reps)
- Barbell Row (3 sets 8 reps Pronated & 8 Reps Supinated)
- Barbell forearm curl (3 sets 8 reps pronated curls & 8 reps Supinated curls)
- Rope Lat pull downs. (4 Sets 10 reps, Last rep focus on contraction)
- Machine Preacher Curls (4 sets 10 reps for 3 sets [last set is a drop set 5 reps then drop 2 plates till lightest plate])

Leg Day 1 (Quads & Calves)

- FST 7 Leg curls (7 Sets 10 reps)
- Back Squat (6 sets – 1 Warm up 10 reps, 5 Working 8 – 10 reps)
- Seated calve raises. (4 Sets 10 reps, last rep hold weight for 10 – 15 sec.)
- Walking/standing lunges. (4 Sets 10 reps each leg)
- RDL (3 Sets 10 – 12 reps)
- Single leg calves raise. (4 Sets 10 reps each leg)
- FST 7 Leg extensions (7 sets 10 reps)
- Smith machines calve raises. (4 Sets 10 reps, hold last rep 10 – 15 sec)

Leg Day 2 (Hamstrings & Glutes)

- Leg press, High foot placement (Heavy/Drop) (4 sets 10 reps)
- Leg press calve raises. (4 sets 10 reps)
- RDL (4 sets 10 – 12 reps)
- Bulgarian Split Squats (3 Sets 8 – 10 reps)
- Smith machines calve raises. (4 Sets 10 reps, hold last rep 10 – 15 sec)
- Normal Leg curls (6 sets, 3 normal 10 reps, 1 set 1 – 10 sec holds, into 5F/5S, 1 Sets heavy 6 – 8 reps, 1 set Single leg 10 reps, going into double leg failure)
- Normal Leg extensions (4 sets [3 sets 10 reps] 1 set [3 rep max weight then drop 1 plate, 3 reps on that weight continue until lightest plate doing 3 reps with each drop])
- Glute bridge (4 Sets 10 reps)

Cardio (2 Sets/day)

- Seated toe touch (10 reps)
- Seated Knee tuck (10 Reps)
- Crunches (1 – 10 sec holds, 10 Reps)
- Plank (30 sec – 1min)
- Bicycle (10 reps each knee)

