PUSH/PULL/CARDIO/ARMS: 3 DAYS ON THEN 1 DAY REST. DO SESSION A THEN B THEN BACK TO A.

**PUSH A: CHEST FOCUS**

* BENCH PRESS: 4x6 (HEAVY EMPHASIS)
* INCLINE DUMBBELL: 3X8-10
* SEATED/ STANDING DUMBELL PRESS: 4X10
* SINGLE ARM CABLE LATERAL RAISE: 3X12-15 (EACH SIDE)
* CABLE FLY: 3X12-15
* TRICEP ISOLATION: 4X12 (CABLE PUSHDOWN)

**PULL A: BACK+BICEPS**

* PULL UPS: 3X6-8 (do you still not do pull ups?)
* BENT OVER BARBELL ROW: 4X8-10
* LAT PULLDOWN: 3X10
* HIGH ROW??: 3X10-12 (Do you have a high row machine in your gym?)
* EZ BAR CURL: 4X6-8 (HEAVY)
* SEATED DUMBELL CURL: 2X15 (LIGHT)

**PUSH B: SHOULDER FOCUS**

* DUMBELL SHOULDER PRESS: 4x6 (HEAVY)
* CLOSE GRIP BENCH PRESS: 3X8-10
* MACHINE CHEST PRESS: 3X10-12
* DUMBBELL LATERAL RAISE: 4X10-12
* TRICEP ISOLATION: OVERHEAD EXERCISE EG. OVERHEAD SINGLE ARM DUMBELL EXTENSION 4X12

**PULL B: BACK AND BICEPS**

* LAT PULL DOWN: 3X8-10
* WIDE GRIP T BAR ROW/ OR WIDE GRIP ROW: 4X8-10
* CABLE T BAR ROW: 3X10-12
* HIGH ROW: 3X10-12
* EZ BAR NEGATIVES: 3X8-10 (Choose about 60% of what you would normally curl, curl then do a 4-5 second negative)
* DROPSET: DUMBELL HAMMER CURL X DUMBELL CURL: 10 HAMMER THEN 12 DUMBELL CURL: 2 SETS

**ARMS:**

* SKULLCRUSHER: 3X8-10
* ALTERNATING DUMBELL CURL: 4X6-8
* SINGLE ARM CABLE EXTENSION: 2X 12-15 EACH SIDE
* CABLE CURL: 3X 12-15
* DIPS: 2X FAILURE