PUSH/PULL/LEGS- 3 days on, 1 rest, do push A then B then back to A. Pull stays the same. Legs stay the same. Can throw in optional arms if you feel you want the next day after legs.

**PUSH (A) (chest focus)**

Bench press 5x6

Incline dumbbell press 4x8

Dumbbell shoulder press/ or shoulder press machine 4x8 + (drop set to failure on last set)

Cable fly 3x12-15 + (drop set on last set)

Tricep cable extension 4x10 + (drop set on last set)

**PULL**

Pull ups 5x5

Bent over barbell row 4x8

Lat pulldown 4x10

Single arm dumbbell row 3x10 (each side)

Barbell curl 4x8

Alt Dumbbell curl 3x10-12

**Legs**

Squats 4x8

Leg press 4x10

Ham curl 5x8

Leg extension 3x12-15

ABS? (optional)

**PUSH (B) (shoulder focus)**

Bench press 5x6

Dumbbell shoulder press 4x8

Dumbbell lateral raises 4x10+ (drop set on last set)

Cable flys 3x12-15 + (drop set on last set)

Tricep cable extension 4x10 + (drop set on last set)

**Optional arms**

Alternating dumbbell curls 5x8

Tricep cable extension 4x10

Barbell curl 4x10

Tricep cable extension (different attachment) 3x12-15 (lighter weight) 3x12-15

Cable bicep curl 3x12-15