

GYMSHARK 
TRAIN

Target Muscles

Glutes

1. Barbell Squats 4 x 12
2. Dumbbell Bulgarian Split Squats 4 x 12/side
3. Barbell Sumo Deadlifts 4 x 12
4. Barbell Hip Thrusts 4 x 12
5. Donkey Kickbacks 3 x 15/side

All-in-One

1. Barbell Deadlifts 4 x 10
2. Barbell Bench Press 4 x 10
3. Kettlebell Squats 4 x 12
4. Wide-Grip Lat Pulldowns 4 x 12
5. Front Lunges 4 x 12/side
6. Dumbbell Lateral Raises 4 x 15

Abs

1. Crunches 4 x 12
2. Reverse Crunches 4 x 8
3. Kettlebell Russian Twists 4 x 12/side
4. Leg Raises 3 x 12
5. Plank (as long as you can)

Full Body

Full Body w/ Leg Focus

1. Barbell Squats 4 x 12
2. Kettlebell Swings 4 x 12
3. Dumbbell 1-Arm Rows 4 x 8/side
4. Cable Upper Chest Flyes 4 x 8
5. Leg Raises 3 x 12

★ Click on each exercise name to view a video demonstration.

6. Plank (as long as you can)

Full Body w/ Push Focus

1. Barbell Bench Press 4 x 12
2. Dumbbell Seated Shoulder Press 4 x 12
3. Front Lunges 4 x 8/side
4. Cable Straight-Arm Pulldowns 4 x 8
5. Side Plank Lifts 3 x 12/side
6. Reverse Crunches 3 x 8

Full Body w/ Pull Focus

1. Barbell Deadlifts 4 x 12
2. Wide-Grip Lat Pulldowns 4 x 12
3. Dumbbell Chest Flyes 4 x 8
4. Leg Press 4 x 8
5. Crunches 3 x 12
6. Kettlebell Russian Twists 3 x 12/side

Push Pull Legs

Push

1. Barbell Bench Press 4 x 10
2. Cable Upper Chest Flyes 4 x 15
3. Dumbbell Lateral Raises 4 x 15
4. Cable Tricep Pushdowns 4 x 12
5. Cable Overhead Tricep Extensions 4 x 12

Pull

1. Barbell Deadlifts 4 x 10
2. Barbell Bent-Over Rows 4 x 10
3. Wide-Grip Lat Pulldowns 4 x 10
4. Dumbbell Shrugs 4 x 10
5. Barbell Bicep Curls 4 x 12
6. Dumbbell Hammer Curls 4 x 12/side

★ Click on each exercise name to view a video demonstration.

Legs

1. Barbell Squats 4 x 10
2. Dumbbell Stiff-Leg Deadlift 4 x 10
3. Leg Press 4 x 10
4. Leg Extensions 4 x 12
5. Leg Curls 4 x 12
6. Rear Lunges 4 x 12/side

Mass/Hypertrophy

Push

1. Barbell Bench Press 4 x 12
2. Dumbbell Seated Shoulder Press 4 x 12
3. Dumbbell Chest Flyes 4 x 12
4. Weight Plate Standing Pall of Press 4 x 12
5. Cable Tricep Pushdowns 3 x 15
6. Dumbbell Lateral Raises 3 x 15

Pull

1. Barbell Deadlifts 4 x 12
2. Dumbbell Stiff-Leg Deadlift 4 x 12
3. Wide-Grip Lat Pulldowns 4 x 12
4. Close-Grip Seated Rows 4 x 12
5. Dumbbell 1-Arm Rows 4 x 8/side
6. Cable Face Pulls 3 x 15

Legs

1. Barbell Squats 4 x 12
2. Leg Press 4 x 12
3. Barbell Lunges 4 x 12/side
4. Leg Press Machine Calf Raises 4 x 8
5. Leg Extensions 3 x 15
6. Leg Curls 3 x 15

★ Click on each exercise name to view a video demonstration.

Workout Week

Legs

1. Barbell Squats 4 x 10
2. Dumbbell Stiff-Leg Deadlift 4 x 10
3. Leg Press 4 x 10
4. Leg Extensions 4 x 12
5. Leg Curls 4 x 12
6. Rear Lunges 4 x 12/side

Chest & Triceps

1. Barbell Incline Bench Press 4 x 10
2. Dumbbell Bench Press 4 x 10
3. Cable Mid Chest Flyes 4 x 12
4. Dumbbell Skull Crushers 4 x 12
5. Weight Plate Standing Pull of Press 4 x 15

Back & Biceps

1. Barbell Deadlifts 4 x 10
2. Wide-Grip Lat Pulldowns 4 x 10
3. Close-Grip Seated Rows 4 x 10
4. Cable Straight-Arm Pulldowns 4 x 12
5. Barbell Bicep Curls 4 x 12

Shoulders

1. Cable Upright Rows 4 x 12
2. Dumbbell Lateral Raises 4 x 15
3. Dumbbell Front Raises 4 x 15/side
4. Cable Face Pulls 4 x 15

Arms

1. Barbell Bicep Curls 4 x 12
2. Cable Tricep Pushdowns 4 x 12
3. Dumbbell Hammer Curls 4 x 12/side

★ Click on each exercise name to view a video demonstration.

4. Cable Overhead Tricep Extensions 4 x 12
5. Cable Bicep Curls 4 x 12
6. Close-Grip Push-Ups 4 x 12