

Day	Workout	Sets	Rest
Monday(Chest & Triceps) (Chest Focused)	Flat Dumbell/Barbel Bench Press	3 Sets(12,10,8)Reps	1 Minute
	Incline Dumbell/Barbel Bench Press	3 Sets(12,10,8)Reps	45 Seconds
	Machine Fly	3 Sets(15,15,15)Reps	30 Seconds
	Cable Flys	3 Sets(15,15,15)Reps	30 Seconds
	Cable Triceps PushDown	4 Sets(15,15,15,15)Reps	30 Seconds
	Overhead Triceps Extension	4 Sets(15,15,15,15)Reps	30 Seconds
	Triceps Kickback	4 Sets(15,15,15,15)Reps	30 Seconds
Tuesday(Back & Biceps) (Back Focused)	Deadlift	4 Sets(15,12,10,8)Reps	45 Seconds
	Lat Pulldowns	4 Sets(15,15,15,15)Reps	45 Seconds
	Close Grip Lat Pulldowns	3 Sets(15,15,15)Reps	45 Seconds
	Cable Seated Rowing	3 Sets(15,15,15)Reps	45 Seconds
	Lat Pullovers	3 Sets(15,15,15)Reps	45 Seconds
	Dumbell Bicep Curls	4 Sets(15,15,15,15)Reps	45 Seconds
	Hammer Curls	3 Sets(15,15,15)Reps	45 Seconds
Wednesday(Legs And Shoulder) (Legs Focused)	Barbel Squats	4 Sets(15,12,10,8)Reps	45 Seconds
	Leg Press	4 Sets(15,12,10,8)Reps	45 Seconds
	Leg Extension	3 Sets(15,15,15)Reps	30 Seconds
	Calve Raises	3 Sets(10,8,8)Reps	45 Seconds
	Dumbell Overhead Press	4 Sets(15,15,15,15)Reps	45 Seconds
	Lateral Raise	4 Sets(15,15,15,15)Reps	45 Seconds
	Shrugs	4 Sets(15,15,15,15)Reps	45 Seconds
Thrusday(Chest & Triceps) (Triceps Focused)	Flat Dumbell/Barbel Bench Press	3 Sets(12,10,8)Reps	1 Minute
	Incline Dumbell/Barbel Bench Press	3 Sets(12,10,8)Reps	45 Seconds
	Cable Flys	3 Sets(15,15,15)Reps	30 Seconds
	Skull Crushers	3 Sets(15,15,15)Reps	30 Seconds
	Cable Triceps PushDown	4 Sets(15,15,15,15)Reps	30 Seconds
	Overhead Triceps Extension	4 Sets(15,15,15,15)Reps	30 Seconds
	Triceps Kickback	4 Sets(15,15,15,15)Reps	30 Seconds
Friday(Back & Biceps) (Biceps Focused)	Deadlift	4 Sets(15,15,15,15)Reps	45 Seconds
	Lat Pulldowns	4 Sets(15,15,15,15)Reps	45 Seconds
	Cable Seated Machine Rowing	4 Sets(15,15,15,15)Reps	45 Seconds
	Barbel Bicep Curl	3 Sets(15,15,15)Reps	45 Seconds
	Dumbel Seated Bicep Curls	3 Sets(15,15,15)Reps	45 Seconds
	Hammer Curls	4 Sets(15,15,15,15)Reps	45 Seconds
	Preacher Curl	3 Sets(15,15,15)Reps	45 Seconds
Saturday(Legs And Shoulder) (Shoulder Focused)	Barbel Squats	4 Sets(15,12,10,8)Reps	45 Seconds
	Leg Press	4 Sets(15,12,10,8)Reps	45 Seconds
	Leg Curls	5 Sets(15,15,15,15,15)Reps	30 Seconds
	Dumbel Shoulder Press	4 Sets(12,10,8,8)Reps	45 Seconds
	Lateral Raises	4 (15,15,15,15)Reps	45 Seconds
	Shrugs	4 (15,15,15,15)Reps	45 Seconds
	Rear Delt Flys Machine	4 (15,15,15,15)Reps	45 Seconds