

Day	Workout	Sets	Rest
Monday(Chest)	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
	Decline Bench Press	3 Sets(15,15,15)Reps	30 Seconds
Tuesday(Shoulder)	Dumbell Shoulder Press	4 Sets(15,12,10,8)Reps	45 Seconds
	Barbell Shoulder Press	3 Sets(15,15,15)Reps	45 Seconds
	Lateral Raises	3 Sets(15,15,15)Reps	45 Seconds
	Front Shoulder Raises	3 Sets(15,15,15)Reps	45 Seconds
	Shrugs	3 Sets(15,15,15)Reps	45 Seconds
Wednesday(Triceps)	Triceps Cable PushDown	4 Sets(15,12,10,8)Reps	45 Seconds
	Rope Cable PushDown	4 Sets(15,12,10,8)Reps	45 Seconds
	Triceps Kickback	3 Sets(15,15,15)Reps	30 Seconds
	Skull Crusher	3 Sets(10,8,8)Reps	45 Seconds
	Triceps Overhand Extension	3 (15,15,15)Reps	45 Seconds
Thrusday(Back)	Lat Pulldowns	4 Sets(12,10,8,8)Reps	45 Seconds
	Close Grip Lat Pulldowns	3 Sets(12,10,8)Reps	30 Seconds
	Machine Rowing	3 Sets(15,15,15)Reps	30 Seconds
	Cable Lat Pullovers	3 Sets(15,12,10)Reps	45 Seconds
	Deadlift	3 Sets(15,15,15)Reps	45 Seconds
Friday(Biceps)	Barbel Bicep Curls	4 Sets(12,10,8,8)Reps	45 Seconds
	Dumbell Bicep Curls	4 Sets(12,10,8,8)Reps	45 Seconds
	Hammer Curls	3 Sets(15,15,15)Reps	30 Seconds
	Preacher Curl	3 Sets(15,12,10)Reps	30 Seconds
	Reverse Grip Bicep Curls	3 Sets(15,15,15)Reps	30 Seconds
Saturday(Legs)	Barbel Squats	4 Sets(12,10,8,8)Reps	1 Minute
	Leg Press	4 Sets(12,10,8,8)Reps	45 Seconds
	Leg Curls	4 Sets(15,15,15)Reps	30 Seconds
	Stiff Leg Deadlift	4 Sets(15,15,15,15)Reps	45 Seconds
	Calve Raise	4 Sets(25,25,25,25)Reps	30 Seconds