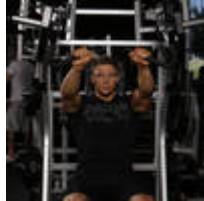


## Sunday: Chest

1

### Leverage Incline Chest Press

5 sets, 6-10 reps



2

### Incline Dumbbell Press

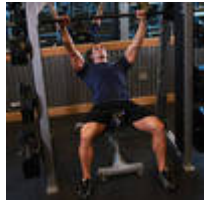
2 sets, 6-10 reps (dropsets)



3

### Smith Machine Incline Bench Press

3 sets, 6-10 reps



4

### Incline Cable Flye

1 set, 35 reps (burnout)



5

### Barbell Bench Press - Medium Grip

5 sets, 6-10 reps



6

### Dumbbell Flyes

2 sets, 6-10 reps (dropsets)



7

### Bent-Arm Dumbbell Pullover

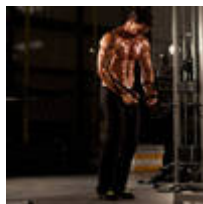
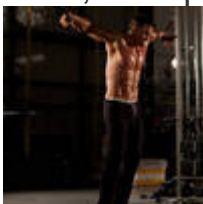
3 sets, 6-10 reps



8

### Cable Iron Cross

1 set, 35 reps (burnout)



9

## Superset

5 sets

### Leverage Decline Chest Press

6-10 reps



### Dips - Chest Version

6-10 reps



10

### Cable Iron Cross

1 set, 35 reps (burnout)



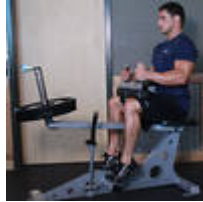
## Monday: Legs

1

### Seated Calf Raise

5 sets, 6-10 reps

1 set, 35 reps (burnout)



2

### Standing Calf Raises

5 sets, 6-10 reps

1 set, 35 reps (burnout)



3

### Leg Extensions

5 sets, 6-10 reps

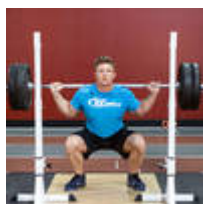
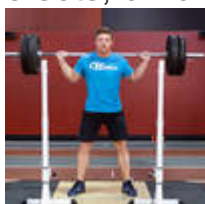


4

### Barbell Squat

Alternating narrow and wide stance each set.

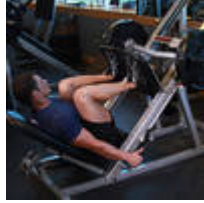
5 sets, 6-10 reps



5

### Leg Press

3 sets, 6-10 reps

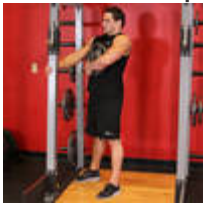


6

### Weighted Sissy Squat

Holding extra weight if possible.

1 set, 35 reps (burnout)



7

### Lying Leg Curls

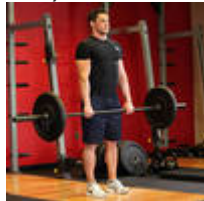
5 sets, 6-10 reps



8

### Stiff-Legged Barbell Deadlift

2 sets, 6-10 reps (dropsets)



9

### Wide-Stance Leg Press

3 sets, 6-10 reps



10

### Wide-Stance Barbell Squat

1 set, 35 reps (burnout)



11

### Thigh Abductor

Rest for no more than 15 sec. between sets.

5 sets, 6-10 reps (dropsets)



12

### Barbell Hip Thrust

1 set, 35 reps (burnout)



## Tuesday: Back/Abs

1

### Wide-Grip Lat Pulldown

5 sets, 6-10 reps



2

### V-Bar Pulldown

2 sets, 6-10 reps (dropsets)



3

### Wide-Grip Lat Pulldown

3 sets, 6-10 reps



4

### Pullups

Perform assisted if necessary.

1 set, 35 reps (burnout)



5

### V-Bar Pulldown

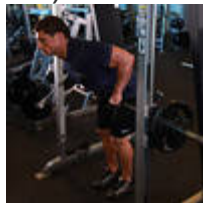
5 sets, 6-10 reps



6

### Smith Machine Bent Over Row

2 sets, 6-10 reps (dropsets)



7

### Barbell Deadlift

3 sets, 6-10 reps



8

### T-Bar Row

1 set, 35 reps (burnout)





9

## Circuit

5 rounds. Rest as little as possible between movements and rounds.

### Flat Bench Lying Leg Raise

15-20 reps



### Decline Crunch

15-20 reps



### Russian Twist

15-20 reps for first 4 rounds, then 1 burnout set of 35 reps on final round

