

CHEST

DECLINE BENCH PRESS (CHEST)

3 sets of 10 reps



INCLINE BENCH PRESS (CHEST)

3 sets of 10 reps



FLAT BENCH PRESS (CHEST)

3 sets of 10 reps



CABLE CROSS OVER (CHEST)

3 sets of 10 reps



DUMBBELL FLYES (CHEST)

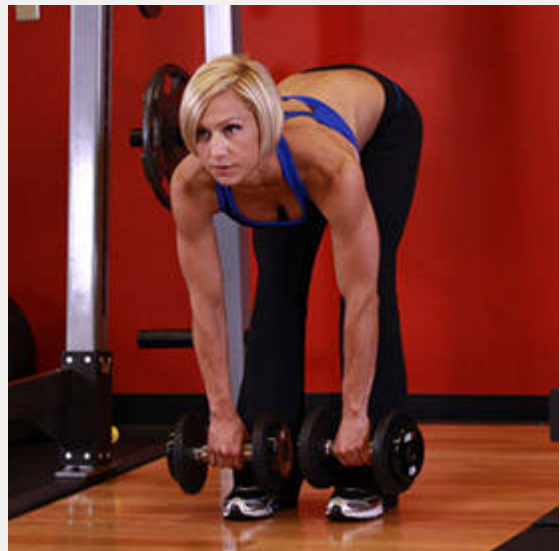
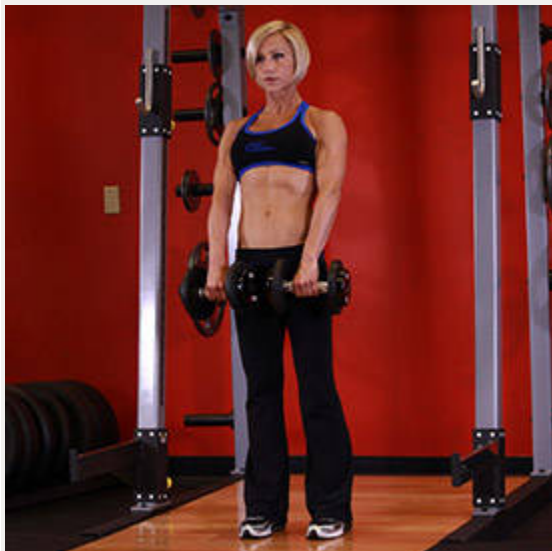
3 sets of 10 reps



BACK

STIFF LEG DUMBBELL DEADLIFT (LOWER BACK)

3 sets of 10 reps



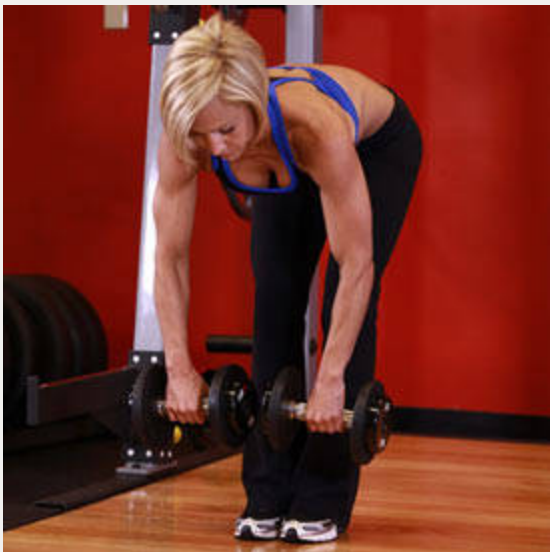
HYPEREXTENSIONS (LOWER BACK)

3 sets of 10 reps



BENT OVER DUMBBELL ROW (MIDDLE BACK)

3 sets of 10 reps



T-BAR ROW (MIDDLE BACK)

3 sets of 10 reps



LAT PULLDOWN (LATS)

3 sets of 10 reps



PULLUP (LATS)

3 sets of 10 reps



DELTS

ARNOLD PRESS (DELTS)

3 sets of 12 reps



DUMBBELL PRESS (DELTS)

3 sets of 12 reps



DUMBBELL LATERAL RAISES (DELTS)

3 sets of 12 reps



DUMBBELL REAR DELT ROW (DELTS)

3 sets of 12 reps



ABS

PLATE TWISTS (ABS)

3 sets of 30 reps



HANGING KNEE RAISES (ABS)

3 sets of 30 reps

