

Day 1: Upper Body

1

Barbell Bench Press - Medium Grip

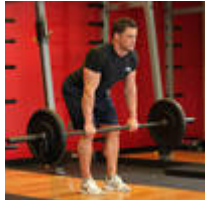
4 sets, 6-8 reps



2

Bent Over Barbell Row

4 sets, 6-8 reps



3

Seated Dumbbell Press

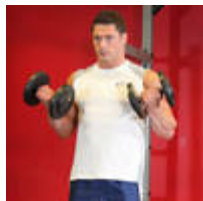
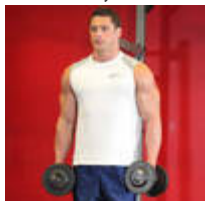
3 sets, 10-12 reps



4

Dumbbell Bicep Curl

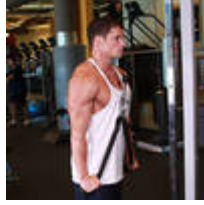
3 sets, 10-12 reps



5

Triceps Pushdown - Rope Attachment

3 sets, 10-12 reps



Day 2: Lower Body

1

Front Barbell Squat

4 sets, 6-8 reps



2

Barbell Deadlift

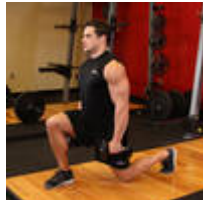
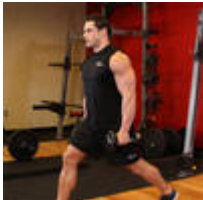
4 sets, 6-8 reps



3

Dumbbell Lunges

3 sets, 6-8 reps



4

Seated Leg Curl

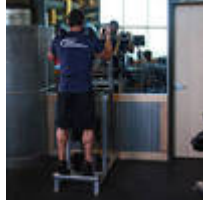
3 sets, 10-12 reps



5

Standing Calf Raises

3 sets, 10-12 reps



Day 3: Upper Body

1

Barbell Incline Bench Press Medium-Grip

4 sets, 6-8 reps



2

Wide-Grip Lat Pulldown

4 sets, 6-8 reps



3

Standing Military Press

3 sets, 10-12 reps



4

Front Dumbbell Raise

3 sets, 10-12 reps



5

Bench Dips

3 sets, 10-12 reps



Day 5: Lower Body

1

Barbell Squat

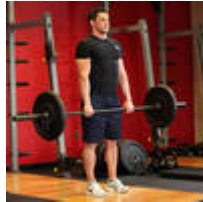
4 sets, 6-8 reps



2

Stiff-Legged Barbell Deadlift

4 sets, 6-8 reps



3

Single-Leg Press

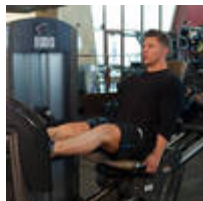
3 sets, 10-12 reps



4

Seated Leg Press

3 sets, 10-12 reps



5

Seated Calf Raise

3 sets, 10-12 reps

