

## Day 1

1

### Barbell Squat

4 sets, 8 reps



2

### Barbell Bench Press - Medium Grip

4 sets, 8 reps



3

### Pullups

4 sets, 8 reps



4

### Standing Military Press

4 sets, 8 reps



5

### Barbell Curl

4 sets, 8 reps



6

### Ab Roller

4 sets, 8 reps



## Day 2

1

### Barbell Deadlift

5 sets, 5 reps



2

### Bent Over Barbell Row

5 sets, 5 reps



3

### Incline Dumbbell Press

5 sets, 5 reps



4

### Side Lateral Raise

5 sets, 5 reps



5

## Standing Dumbbell Triceps Extension

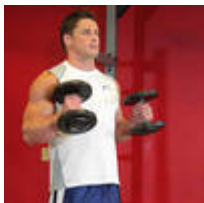
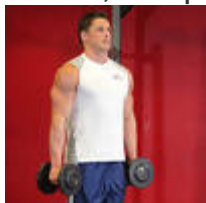
5 sets, 5 reps



6

## Hammer Curls

5 sets, 5 reps

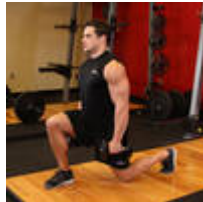
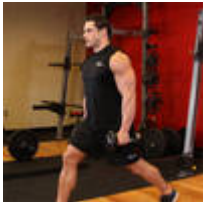


## Day 3

1

### Dumbbell Lunges

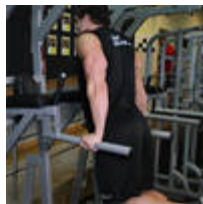
3 sets, 12 reps



2

### Dips - Triceps Version

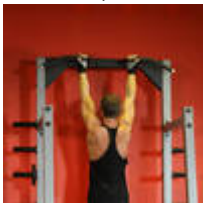
3 sets, 12 reps



3

### Chin-Up

3 sets, 12 reps



4

### Double Kettlebell Push Press

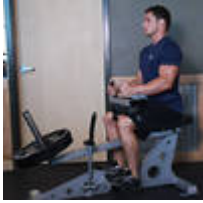
3 sets, 12 reps



5

### Seated Calf Raise

3 sets, 12 reps



6

### Plate Twist

1 set, 12 reps

