

## Day 1- Chest

Workout	Sets	Reps	Rest
Smith Machine Flat Bench Press	3	15, 12, 10	2-min
Incline Dumbbell Bench Press	3	12, 10, 8	2-min
Pec Deck Fly	3	12, 10, 8	90-sec
Kneeling Pushups	3	AMRAP	90-sec

## Day 2- Legs

Workout	Sets	Reps	Rest
Smith Back Back Squat	3	20, 16, 12	2-3 min
Machine Leg Press	3	15, 12, 10	2-min
Dumbbell Lunges	2	10 x 2	90-sec
Leg Curl	3	12 x 3	90-sec
Machine Calf Raises	3	10 x 3	90-sec

## Day 3- Back

Workout	Sets	Reps	Rest
Front Lat Pulldown	3	15, 12, 10	2-min
Barbell Bent-over Row	3	12, 10, 10	2-min
Seated Cable Rowing	3	12, 10, 10	2-min
Single-arm Dumbbell Rowing	3	10 x 3	90-sec

## Day 4- Shoulder

Workout	Sets	Reps	Rest
Smith Machine Overhead Press	3	15, 12, 10	2-min
Dumbbell Front Raises	3	10 x 3	90-sec
Dumbbell Lateral Raises	3	10 x 3	90-sec
Rear Delt Machine Flyes	3	10 x 3	90-sec
Cable Upright Row	3	10 x 3	2-min

## Day 5 – Arms

Workout	Sets	Reps	Rest
Barbell Skull Crusher	3	10 x 3	90-sec
Rope Pushdown	3	10 x 3	90-sec
Bench Dips	3	10 x 3	90-sec
Barbell Bicep Curl	3	10 x 3	90-sec
Preacher Curl	3	10 x 3	90-sec
Dumbbell Hammer Curl	3	10 x 3	90-sec