

Chest & Back

Exercise	Sets	Rep Goal
Bench Press	3-4	10
Incline Bench Press	3-4	10
Dumbbell Pullovers	3-4	10
Chin Up	3-4	10
Bent Over Row	3-4	10
Deadlift	3-4	10
Crunches	5	25

Shoulders & Arms

Exercise	Sets	Rep Goal
Barbell Clean and Press	3-4	10
Dumbbell Lateral Raise	3-4	10
Upright Row	3-4	10
Military Press	3-4	10
Standing Barbell Curl	3-4	10
Seated Dumbbell Curl	3-4	10
Close Grip Bench Press	3-4	10
Standing Barbell Tricep Extension	3-4	10
Wrist Curls	3-4	10
Reverse Wrist Curls	3-4	10
Reverse Crunch	5	25

Legs + Lower back (optional)

Exercise	Sets	Rep Goal
Squat	3-4	10
Lunge	3-4	10
Leg Curl	3-4	10
Stiff Leg Deadlift	3-4	10
Good Mornings	3-4	10
Standing Calf Raise	3-4	10
Crunches	5	25