

Push				
Exercise Name	Muscle	Timer	Reps	Sets
Barbell Bench Press	Chest	75 sec	6	3
Dumbbell Incline Bench Press	Chest	75 sec	6	3
Dumbbell Fly	Chest	75 sec	12	3
Barbell Overhead Tricep Extension	Triceps	75 sec	6	3
Barbell Reverse Grip Skullcrusher	Triceps	75 sec	10	3
Dumbbell Arnold Press	Shoulders	75 sec	12	3
Dumbbell Standing Press	Shoulders	75 sec	12	3

Pull				
Exercise Name	Muscle	Timer	Reps	Sets
Barbell Bent-Over Row	Back	75 sec	6	3
Dumbbell Incline Bench Row	Back	75 sec	6	3
Dumbbell One-Arm Row	Back	75 sec	6	3
Barbell Curl	Biceps	75 sec	8	3
Barbell Reverse Curl	Forearms	75 sec	8	3
Dumbbell Hammer Curl	Biceps	75 sec	10	3
Dumbbell Incline Curl	Biceps	75 sec	8	3
Dumbbell Lateral Raise	Shoulders	75 sec	15	3
Dumbbell Shoulder Shrug	Back	75 sec	15	3

Legs				
Exercise Name	Muscle	Timer	Reps	Sets
Barbell Squat	Upper Legs	75 sec	12	3
Barbell Standing Calf Raise	Lower Legs	75 sec	15	3
Dumbbell Lunge	Upper Legs	75 sec	8	3
Dumbbell Squat	Upper Legs	75 sec	8	3
Dumbbell Hamstring Curl	Upper Legs	80 sec	8	3
Dumbbell leg extension	Upper Legs	75 sec	15	3
Barbell Seated Calf Raise	Lower Legs	75 sec	15	3
Barbell Romanian Deadlift	Back	75 sec	10	3

Chest and back				
Exercise Name	Muscle	Timer	Reps	Sets
Barbell Bench Press	Chest	75 sec	6	3
Barbell Bent-Over Row	Back	75 sec	6	3
Dumbbell Incline Bench Press	Chest	75 sec	6	3
Dumbbell Incline Bench Row	Back	75 sec	6	3
Dumbbell Shoulder Shrug	Back	75 sec	15	3
Dumbbell Lateral Raise	Shoulders	75 sec	12	3
Dumbbell Fly	Chest	75 sec	12	3

Arms and shoulders				
Exercise Name	Muscle	Timer	Reps	Sets
Barbell Curl	Biceps	75 sec	8	3
Barbell Reverse Curl	Forearms	75 sec	8	3
Dumbbell Hammer Curl	Biceps	75 sec	10	3
Dumbbell Incline Curl	Biceps	75 sec	8	3
Barbell Overhead Tricep Extension	Triceps	75 sec	8	3
Barbell Reverse Grip Skullcrusher	Triceps	75 sec	10	3
Dumbbell Arnold Press	Shoulders	75 sec	12	3
Dumbbell Standing Press	Shoulders	75 sec	12	3
Dumbbell Lateral Raise	Shoulders	75 sec	15	3

Legs				
Exercise Name	Muscle	Timer	Reps	Sets
Barbell Squat	Upper Legs	75 sec	12	3
Barbell Standing Calf Raise	Lower Legs	75 sec	15	3
Dumbbell Lunge	Upper Legs	75 sec	8	3
Dumbbell Squat	Upper Legs	75 sec	8	3
Dumbbell Hamstring Curl	Upper Legs	75 sec	8	3
Dumbbell leg extension	Upper Legs	75 sec	15	3
Barbell Seated Calf Raise	Lower Legs	75 sec	15	3
Barbell Romanian Deadlift	Back	75 sec	10	3