

\*between each day is a rest day

## Day 1

| Workout                | Sets x Reps  | Targeted Muscle |
|------------------------|--------------|-----------------|
| Bench Press            | 4 x 8-12 RM  | Chest           |
| Cable Triceps Pushdown | 3 x 10-12 RM | Triceps         |
| DB Overhead Press      | 4 x 8-12 RM  | Shoulder        |
| Cable Seated Rowing    | 4 x 8-12 RM  | Back            |
| EZ Bar Biceps Curl     | 3 x 10-12 RM | Biceps          |
| Machine Leg Press      | 4 x 10-15 RM | Quads           |
| Weighted Glute Bridge  | 3 x 8-12 RM  | Gutes           |

## Day 3

| Workout                       | Sets x Reps  | Targeted Muscle |
|-------------------------------|--------------|-----------------|
| Barbell Back Squat            | 4 x 10-15 RM | Quads           |
| Machine Leg Curl              | 3 x 8-12 RM  | Hamstrings      |
| Lat Pulldown                  | 4 x 8-12 RM  | Back            |
| Chinup/<br>Concentration Curl | AMRAP x 3    | Back and Biceps |
| Incline DB Bench Press        | 4 x 8-12 RM  | Chest           |
| DB/Cable Kickback             | 3 x 8-10 RM  | Triceps         |
| Dumbbell Lateral Raises       | 4 x 8-12 RM  | Shoulder        |

## Day 5

| Workout                  | Sets x Reps | Muscle Worked   |
|--------------------------|-------------|-----------------|
| Military Press           | 4 x 8-12 RM | Shoulder        |
| Seated Machine Fly       | 4 x 8-12 RM | Chest           |
| Barbell Bent-over Rowing | 4 x 8-12 RM | Back            |
| Barbell Upright Row      | 3 x 8-10 RM | Shoulder & Back |
| Wrist Curl               | 3 x 8-10 RM | Forearm         |
| Hack Squat/DB Lunges     | 4 x 8-10 RM | Legs            |
| Calf Raises              | 3 x 8-10 RM | Calves          |

## Day 7

| Workout                     | Sets x Reps     | Muscle Worked    |
|-----------------------------|-----------------|------------------|
| Conventional Deadlift       | 4, 3, 2, 1 reps | Legs, Back       |
| Cable Curl                  | 4 x 8-12 RM     | Back             |
| Single-arm DB Rowing        | 3 x 8-12 RM     | Biceps           |
| Incline Barbell Bench Press | 4 x 8-12 RM     | Chest & Shoulder |
| Barbell/DB Skull Crusher    | 3 x 8-12 RM     | Triceps          |
| Face Pull                   | 3 x 8-12 RM     | Back & Shoulder  |
| Shoulder Shrug              | 3 x 8-12 RM     | Shoulder         |