

## Targeted Workout 4 day split

By Trygve & Patchaya

### Monday - Chest & Tricep 🏋️

Exercise	Sets	Reps
Bench Press	3	6-12
Skull Crusher	3	8-10
Incline Dumbbell Bench Press	3	6-12
Cable Tricep Extensions*	3	8-12
Decline Bench Press	2	8
Tricep Push Away	2	8
Pushups*	1	Failure

\*3 sec negatives

### Tuesday - Back & Bicep 💪

Exercise	Sets	Reps
Deadlift	2	8
Chin Up	2	8-12
Barbell Rows	3	6-12
Cable Curl*	3	8-12
Cable Rows*	3	6-10
Hammer Curl	3	8-12
Lat Pulldown	2	10-12

\*3 sec negatives

### Wednesday - Rest 🛌

Exercise + Rest = Results

## Thursday - Legs & Abs 🦵

Exercise	Sets	Reps
Squat	2	8-12
Standing Calf Raise*	2	To 🔥
Leg Raise	3	10-12
Leg Extension*	2	10-12
Leg Curl	3	8-12
Ab Crunch	3	10-12
Seated Calf Raise*	3	10-15
Plank	2	1-2 min

\*3 sec negatives

## Friday - Shoulders 🍌

Exercise	Sets	Reps
Arnold Press	3	8-10
Upright Rows	3	8-12
Lateral Raise	2	10-15
Reverse Fly	2	10-15
Smith Press	3	8-10
Dumbbell Shrugs*	2	8-12
Dead Hang	1	Failure

\*3 sec negatives