



## Day 1 (Chest)

Exercise	Set	Reps	How to
Incline bench press	4	10	<a href="https://youtu.be/DbFgADa2PL8?si=A1zpafznRXNY4UMQ">https://youtu.be/DbFgADa2PL8?si=A1zpafznRXNY4UMQ</a>
Dumbbell flies	3	10	<a href="https://youtube.com/shorts/vJh-4hRLH-o?si=Odtq6hNki_LvC_Qw">https://youtube.com/shorts/vJh-4hRLH-o?si=Odtq6hNki_LvC_Qw</a>
Pullover	3	10	<a href="https://youtube.com/shorts/nOgK3HWKVfM?si=Sx68x6LQYIOLISO7">https://youtube.com/shorts/nOgK3HWKVfM?si=Sx68x6LQYIOLISO7</a>
Decline machine	3	10	<a href="https://youtube.com/shorts/a-UFQE4oxWY?si=05KJq29bDildACs">https://youtube.com/shorts/a-UFQE4oxWY?si=05KJq29bDildACs</a>

## Day 2 (back)



Exercise	Set	Reps	How to
Lat pulldown wide	4	10	<a href="https://youtube.com/shorts/77bPLrsMwiQ?si=xB1gqgsQa6jwM1nb">https://youtube.com/shorts/77bPLrsMwiQ?si=xB1gqgsQa6jwM1nb</a>
Barbell row reverse grip	4	10	<a href="https://youtube.com/shorts/NEtfQqgoV8E?si=7WBdgNs7whDU0BKH">https://youtube.com/shorts/NEtfQqgoV8E?si=7WBdgNs7whDU0BKH</a>
Medium grip bar machine	3	10	<a href="https://youtube.com/shorts/fPbfYDgzlgA?si=CW1DzTGYmE0FmSVz">https://youtube.com/shorts/fPbfYDgzlgA?si=CW1DzTGYmE0FmSVz</a>
Machine pulldown close grip	3	10	<a href="https://youtube.com/shorts/uy0YkGtY7A8?si=8AAbiLye0YluuF91">https://youtube.com/shorts/uy0YkGtY7A8?si=8AAbiLye0YluuF91</a>
Back extension	4	20	<a href="https://youtube.com/shorts/Wpreb69h2fE?si=Ea0pHB8xsYQrSmT4">https://youtube.com/shorts/Wpreb69h2fE?si=Ea0pHB8xsYQrSmT4</a>

### Day 3 (Shoulder)

Exercise	Set	Reps	How to
Smith machine press	4	10	<a href="https://youtube.com/shorts/QWdaC">https://youtube.com/shorts/QWdaC</a>



			<a href="https://www.youtube.com/watch?v=7rQ-FM?si=ob4ORqmSLXl7laIZ">7rQ-FM?si=ob4ORqmSLXl7laIZ</a>
Cable side latral (single)	3	10	<a href="https://youtube.com/shorts/gSC3pd6lfKY?si=JCpDdAINxJPBcnH7">https://youtube.com/shorts/gSC3pd6lfKY?si=JCpDdAINxJPBcnH7</a>
Cable front lateral	3	10	<a href="https://youtu.be/vtH93qBltdk?si=syJWfbJXwlXY83JB">https://youtu.be/vtH93qBltdk?si=syJWfbJXwlXY83JB</a>
Cable upright row	3	10	<a href="https://youtube.com/shorts/KAEE2N4YnBE?si=UiC5nnJ1pEHKdkP5">https://youtube.com/shorts/KAEE2N4YnBE?si=UiC5nnJ1pEHKdkP5</a>
Machine reardelt	4	10	<a href="https://youtube.com/shorts/qBq_7mUvOxQ?si=vV0Yrnucc-shcAle">https://youtube.com/shorts/qBq_7mUvOxQ?si=vV0Yrnucc-shcAle</a>

#### Day 4 (Bi & Tri)

Exercise	Set	Reps	How to
bar curl standing	4	10	<a href="https://youtube.com/shorts/2ZlISliQJ4Y?si=c9-O3eFx91yixq_0">https://youtube.com/shorts/2ZlISliQJ4Y?si=c9-O3eFx91yixq_0</a>



**FitBalance**

dumbbell hummer curl	3	10	<a href="https://youtube.com/shorts/uxSjLsnm0VY?si=alUsNdt5bjLxAqa0">https://youtube.com/shorts/uxSjLsnm0VY?si=alUsNdt5bjLxAqa0</a>
Seated machine curl	3	10	<a href="https://youtube.com/shorts/Htw-s61mOw0?si=rEj4jvTV2OCAaQeh">https://youtube.com/shorts/Htw-s61mOw0?si=rEj4jvTV2OCAaQeh</a>
Cable pressdown ^ grip	3	10	<a href="https://youtube.com/shorts/WjLJ7zlpXQ?si=UsmLGE2efunF0hkt">https://youtube.com/shorts/WjLJ7zlpXQ?si=UsmLGE2efunF0hkt</a>
dips	4	10	<a href="https://youtube.com/shorts/SXBksC78v8M?si=clcQHQaSaZW2y-w">https://youtube.com/shorts/SXBksC78v8M?si=clcQHQaSaZW2y-w</a>

**Day 5 (Legs)**

Exercise	Set	Reps	How to
Leg press close stance	4	14	<a href="https://youtube.com/shorts/BFuVZFIDcmo?si=pp6-3AHgbAk-4xoQ">https://youtube.com/shorts/BFuVZFIDcmo?si=pp6-3AHgbAk-4xoQ</a>
Leg ext	4	14	<a href="https://youtube.com/shorts/iT6MkQMAI7c?si=3fMU1WZ6ZRYLZm7v">https://youtube.com/shorts/iT6MkQMAI7c?si=3fMU1WZ6ZRYLZm7v</a>



**FitBalance**

Machine squat	4	14	<a href="https://youtube.com/shorts/jQCT-I9N00s?si=DZoOsWyUVwTQ3XYd">https://youtube.com/shorts/jQCT-I9N00s?si=DZoOsWyUVwTQ3XYd</a>
Hack squat	3	10	<a href="https://youtube.com/shorts/bGbHOeHXnB8?si=gEzqaDKE40e3c-wp">https://youtube.com/shorts/bGbHOeHXnB8?si=gEzqaDKE40e3c-wp</a>
Lying Leg curl	4	12	<a href="https://youtube.com/shorts/ANKSmhT0dT0k?si=mThXntk-4SMumd0C">https://youtube.com/shorts/ANKSmhT0dT0k?si=mThXntk-4SMumd0C</a>
seated leg curl	4	10	<a href="https://youtube.com/shorts/aakNLjjm4Qo?si=jtRXdQCGWLghvyJY">https://youtube.com/shorts/aakNLjjm4Qo?si=jtRXdQCGWLghvyJY</a>
dumbell deadlift	3	14	<a href="https://youtube.com/shorts/ZoZxjslgROI?si=Us_iJPYNijbB432X">https://youtube.com/shorts/ZoZxjslgROI?si=Us_iJPYNijbB432X</a>
Single leg curl	3	10	<a href="https://youtube.com/shorts/bkwW1fLKchc?si=eHfZPgnjAye5Al3i">https://youtube.com/shorts/bkwW1fLKchc?si=eHfZPgnjAye5Al3i</a>
Calves (1)	4	14	<a href="https://youtube.com/shorts/lrrmU7_swBl?si=0bmzH7cXWa2dP3r5">https://youtube.com/shorts/lrrmU7_swBl?si=0bmzH7cXWa2dP3r5</a>
Calves (2)	4	10	<a href="https://youtube.com/shorts/S2yhz3klwdU?si=0a0gZZnnX0MjRt70">https://youtube.com/shorts/S2yhz3klwdU?si=0a0gZZnnX0MjRt70</a>