

Day 1: Back

1. Chin-Ups - 3 sets of 8-12 reps
2. Bent-Over Barbell Rows - 3 sets of 8-12 reps
3. Seated Cable Rows - 3 sets of 10-12 reps
4. Lat Pulldown - 3 sets of 10-12 reps
5. Dumbbell Rows (Single-Arm) - 3 sets of 10-12 reps

Day 2: Chest

1. Dumbbell Bench Press - 3 sets of 8-12 reps
2. Machine Chest Press - 3 sets of 8-12 reps
3. Incline Bench Press - 3 sets of 10-12 reps
4. Weighted Push-Ups - 3 sets of 10-12 reps
5. Cable Crossovers - 3 sets of 12-15 reps
6. Incline Dumbbell Flys - 3 sets of 12-15 reps

Day 3: Shoulders

1. Barbell Overhead Press - 3 sets of 8-12 reps
2. Dumbbell Shoulder Press - 3 sets of 8-12 reps
3. Arnold Press - 3 sets of 10-12 reps
4. Lateral Raises - 3 sets of 10-12 reps
5. Rear Delt Flys - 3 sets of 12-15 reps

Day 4: Arms

1. Barbell Bicep Curl - 3 sets of 10-12 reps
2. Dumbbell Bicep Curl - 3 sets of 10-12 reps
3. Incline Dumbbell Curl - 3 sets of 10-12 reps
4. Tricep Pushdown - 3 sets of 10-12 reps
5. Overhead Dumbbell Extension - 3 sets of 12-15 reps

Day 5: Legs

1. Back Squat - 3 sets of 8-12 reps
2. Lunges - 3 sets of 10-12 reps
3. Leg Press - 3 sets of 10-12 reps
4. Leg Extensions - 3 sets of 12-15 reps
5. Leg Curls - 3 sets of 10-12 reps
6. Calf Raises - 3 sets of 12-15 reps

Day 6: Core

1. Plank - 3 sets of 30-60 seconds
2. Russian Twists - 3 sets of 10-12 reps
3. Leg Raises - 3 sets of 10-12 reps
4. Superman - 3 sets of 10-12 reps