

ANCIENT POWER



Triceps:

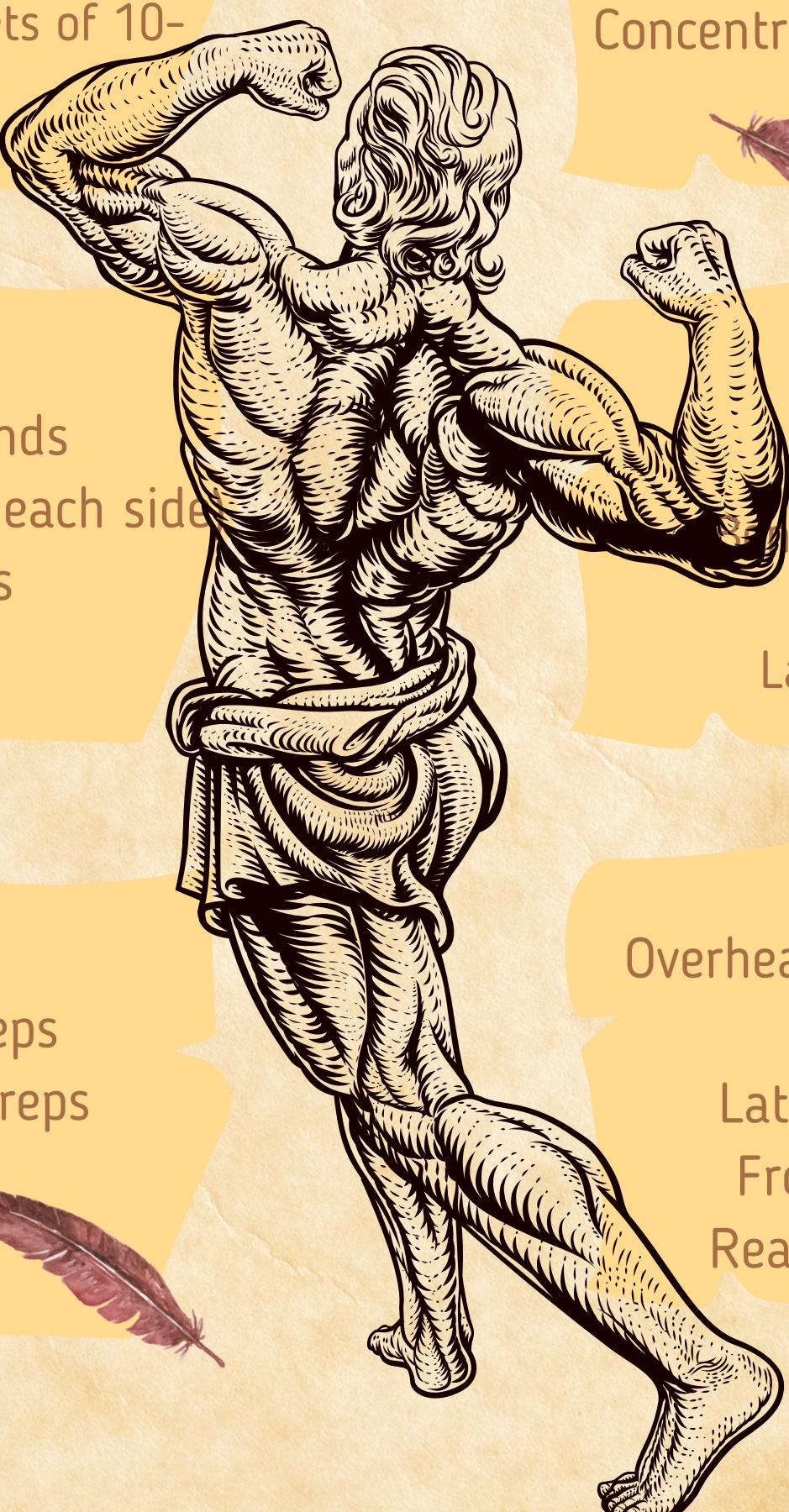
- Tricep Dips - 3 sets of 10-15 reps
- Overhead Tricep Extension - 3 sets of 8-12 reps
- Tricep Pushdowns (cable machine) - 3 sets of 10-15 reps

Core:

- Plank - 3 sets, hold for 60 seconds
- Russian Twists - 3 sets of 20 reps (10 each side)
- Leg Raises - 3 sets of 15 reps

Chest:

- Barbell Bench Press - 4 sets of 8-12 reps
- Incline Dumbbell Press - 3 sets of 8-12 reps
- Cable Flyes - 3 sets of 10-15 reps
- Push-Ups - 3 sets to failure



Biceps:

- Barbell Curl - 4 sets of 8-12 reps
- Hammer Curls - 3 sets of 8-12 reps
- Concentration Curls - 3 sets of 10-15 reps

Back:

- Deadlifts - 4 sets of 6-8 reps
- Pull-Ups - 4 sets to failure
- Lat-Over Rows (barbell or dumbbell) - 3 sets of 8-12 reps
- Lat Pulldowns - 3 sets of 10-15 reps

Shoulders:

- Overhead Press (barbell or dumbbell) - 4 sets of 8-12 reps
- Lateral Raises - 3 sets of 10-15 reps
- Front Raises - 3 sets of 10-15 reps
- Rear Delt Flyes - 3 sets of 10-15 reps

Traps:

- Barbell Shrugs - 4 sets of 10-15 reps
- Face Pulls (cable machine) - 3 sets of 10-15 reps

Chest:

- Barbell Bench Press - 4 sets of 8-12 reps
- Incline Dumbbell Press - 3 sets of 8-12 reps
- Cable Flyes - 3 sets of 10-15 reps
- Push-Ups - 3 sets to failure