Day 1: Chest and Triceps

-Barbell Bench Press (4 sets x 6-8 reps)

-Incline Dumbbell Press (4 sets x 8-10 reps)

-Dumbbell Flyes (3 sets x 12-15 reps)

-Cable Crossovers (3 sets x 12-15 reps)

-Triceps Pushdowns (3 sets x 12-15 reps)

-Overhead Triceps Extension (3 sets x 10-12 reps)

Day 2: Back and Biceps

-Deadlifts (4 sets x 6-8 reps)

-Wide-Grip Pull-Ups (4 sets to failure)

-Barbell Rows (3 sets x 8-10 reps)

-Seated Cable Rows (3 sets x 10-12 reps)

-Barbell Biceps Curls (3 sets x 10-12 reps)

-Hammer Curls (3 sets x 10-12 reps)

Day 3: Legs

-Barbell Squats (4 sets x 6-8 reps)

-Leg Press (4 sets x 10-12 reps)

-Walking Lunges (3 sets x 10-12 reps per leg)

-Leg Extensions (3 sets x 12-15 reps)

-Lying Leg Curls (3 sets x 12-15 reps)

-Standing Calf Raises (3 sets x 15-20 reps)

Day 4: Shoulders and Traps

-Seated Barbell Military Press (4 sets x 6-8 reps)

-Seated Dumbbell Shoulder Press (4 sets x 8-10 reps)

-Lateral Raises (3 sets x 10-12 reps)

-Reverse Flyes (3 sets x 10-12 reps)

-Barbell Shrugs (3 sets x 10-12 reps)

Day 5: Chest and Back

-Incline Barbell Bench Press (4 sets x 6-8 reps)

-Decline Barbell Bench Press (4 sets x 8-10 reps)

-Chest Dips (3 sets x 10-12 reps)

-T-Bar Rows (3 sets x 10-12 reps)

-Wide-Grip Lat Pulldowns (3 sets x 10-12 reps)

-Face Pulls (3 sets x 12-15 reps)

Day 6: Arms

-Close-Grip Bench Press (4 sets x 6-8 reps)

-Skull Crushers (3 sets x 10-12 reps)

-Preacher Curls (3 sets x 10-12 reps)

-Concentration Curls (3 sets x 10-12 reps)

-Cable Triceps Extensions (3 sets x 12-15 reps)

-Cable Biceps Curls (3 sets x 12-15 reps)