

Day 1
Chest, Triceps, Abs
Multi-joint.



Step-up with Knee Raise
2-3 minutes (cardio warm-up)



Barbell Bench Press - Medium Grip
2 sets (warm-up sets) 4 sets, 9-11 reps



Incline Dumbbell Press
3 sets, 9-11 reps



Smith Machine Decline Press
3 sets, 9-11 reps



Dips - Chest Version
4 sets, 9-11 reps



Close-Grip Barbell Bench Press
4 sets, 9-11 reps



Cable Crunch
3 sets, 9-11 reps



Smith Machine Hip Raise
3 sets, 9-11 reps

Day 2
Shoulders , legs , calves
WARM-UP SET



Smith Machine Overhead Shoulder Press

50 reps

Use this set to determine your starting weight.

SUPERSET



Smith Machine Overhead Shoulder Press

5 sets of 50, 40, 30, 20, 10 reps



Narrow Stance Leg Press

5 sets of 50, 40, 30, 20, 10 reps

SUPERSET



Upright Barbell Row

5 sets of 10, 20, 30, 40, 50 reps



Single-Leg Press

5 sets of 10, 20, 30, 40, 50 reps

Day 3

Back , traps , biceps



Step-up with Knee Raise

2-3 minutes (cardio warm-up)



T-Bar Row with Handle
4 sets, 5-7 reps



Close-Grip Front Lat Pulldown
4 sets, 8-10 reps



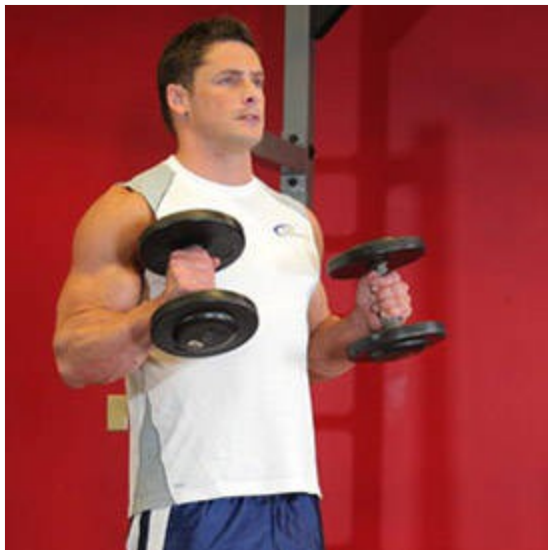
Seated Cable Rows
3 sets, 8-10 reps



Wide-Grip Lat Pulldown
3 sets, 10-12 reps



Wide-Grip Standing Barbell Curl
4 sets, 10-12 reps



Hammer Curls
3 sets, 10-12 reps

Day 4
Chest, Triceps, Abs
Multi-joint.



Step-up with Knee Raise
2-3 minutes (cardio warm-up)



Barbell Bench Press - Medium Grip
2 sets (warm-up sets) 4 sets, 9-11 reps



Incline Dumbbell Press
3 sets, 9-11 reps



Smith Machine Decline Press
3 sets, 9-11 reps



Dips - Chest Version
4 sets, 9-11 reps



Close-Grip Barbell Bench Press
4 sets, 9-11 reps



Cable Crunch
3 sets, 9-11 reps



Smith Machine Hip Raise
3 sets, 9-11 reps

Day 5
Shoulders , legs , calves

WARM-UP SET



Smith Machine Overhead Shoulder Press

50 reps

Use this set to determine your starting weight.

SUPERSET



Smith Machine Overhead Shoulder Press

5 sets of 50, 40, 30, 20, 10 reps



Narrow Stance Leg Press

5 sets of 50, 40, 30, 20, 10 reps

SUPERSET



Upright Barbell Row

5 sets of 10, 20, 30, 40, 50 reps



Single-Leg Press

5 sets of 10, 20, 30, 40, 50 reps

Day 6

Back , traps , biceps



Step-up with Knee Raise

2-3 minutes (cardio warm-up)



T-Bar Row with Handle
4 sets, 5-7 reps



Close-Grip Front Lat Pulldown
4 sets, 8-10 reps



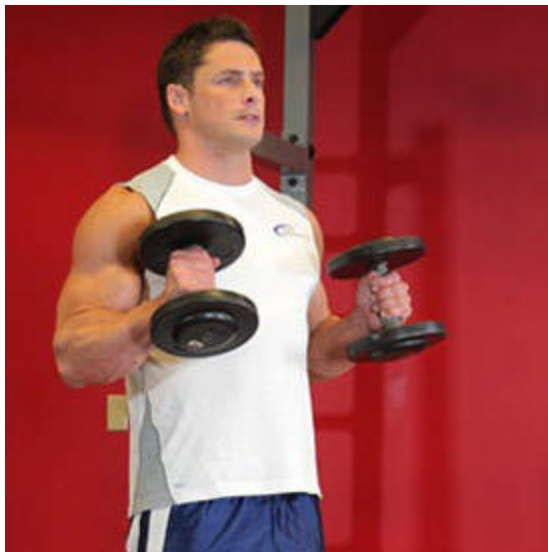
Seated Cable Rows
3 sets, 8-10 reps



Wide-Grip Lat Pulldown
3 sets, 10-12 reps



Wide-Grip Standing Barbell Curl
4 sets, 10-12 reps



Hammer Curls
3 sets, 10-12 reps

Day 7
Rest