

Day 1

Back



Leverage Iso Row

4 sets, 10-15 reps



Cable Pull-Over

4 sets, 10-15 reps



Machine Low Row

3 sets, 10-12 reps



Leverage High Row

3 sets, 10-12 reps



Close-Grip Front Lat Pulldown

3 sets, 10-12 reps



One Arm Lat Pulldown

3 sets, 10-12 reps



Hyperextensions (Back Extensions)

2 sets, 15 reps

Day 2

Chest



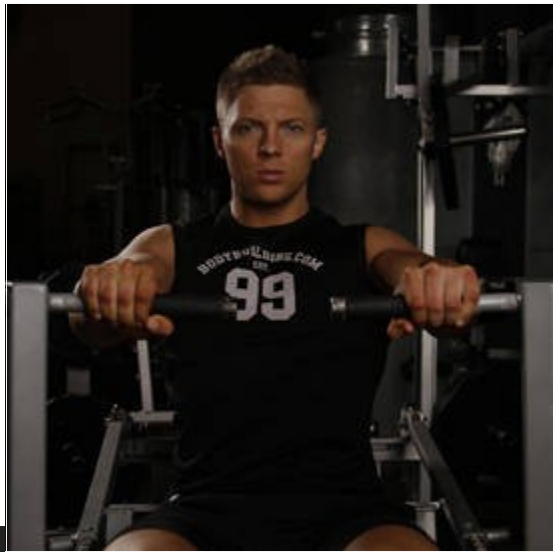
Barbell Bench Press - Medium Grip

4 sets, 6-8, 6-8, 8-10, 8-10 reps



Incline Dumbbell Press

3 sets, 6-8, 8-10, 10-12 reps



Leverage Chest Press

3 sets, 8-10, 10-12, 10-12 reps



Butterfly

3 sets, 12 reps

Day 3

Quadriceps



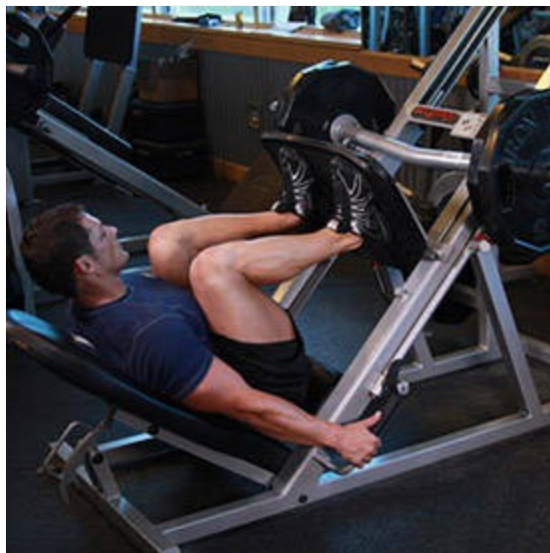
Rope Jumping
4-5 mins



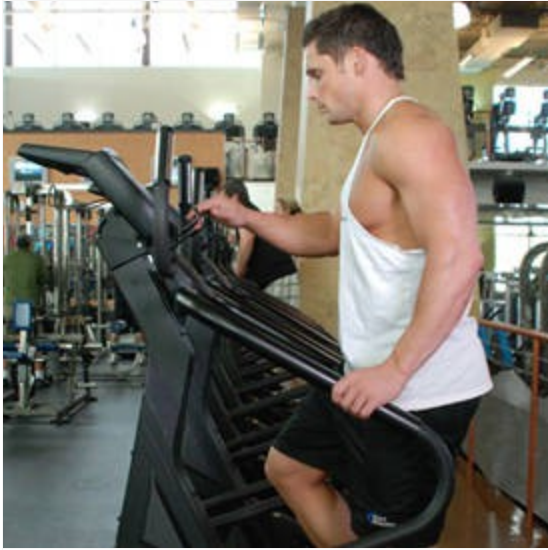
Barbell Full Squat
4 sets, 6-8 reps



Barbell Walking Lunge
4 sets, 12 reps each leg



Leg Press
4 sets, 6-8 reps



Stairmaster

10mins

Day 4

Hamstring/Calves



Burpee

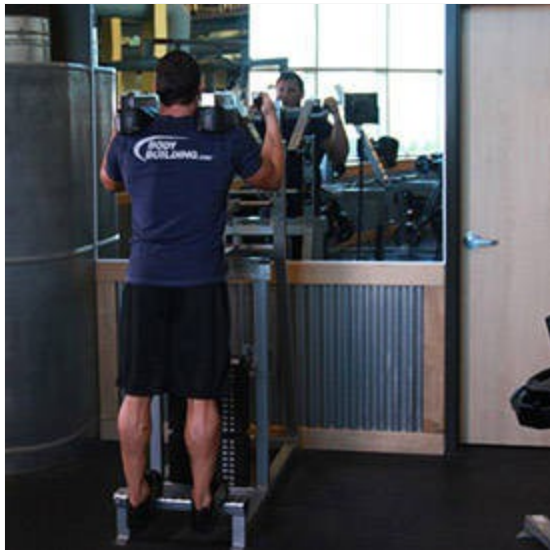
3sets , 12-15 reps



Romanian Deadlift With Dumbbells
4 sets, 12 reps



Lying Leg Curls
4 sets, 12 reps



Standing Calf Raises
4 sets, 20 reps



Seated Calf Raise
4 sets, 15-20 reps

Day 5 Arms/Abs



Incline Hammer Curls
4 sets, 12 reps



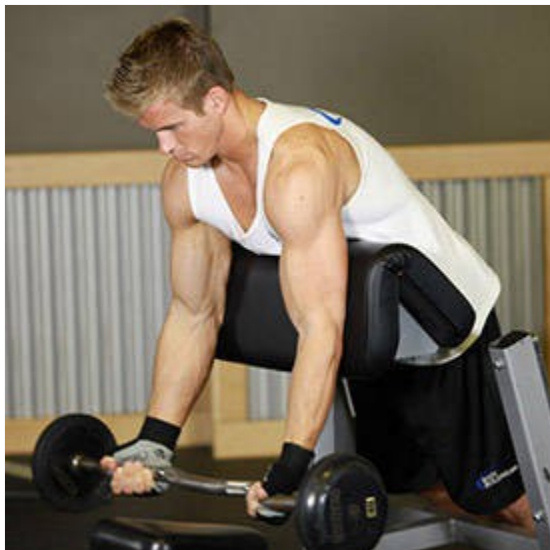
Dips - Triceps Version
4 sets, 10 reps



Decline EZ Bar Triceps Extension
4 sets, 10 reps



Wide-Grip Standing Barbell Curl
4 sets, 12 reps

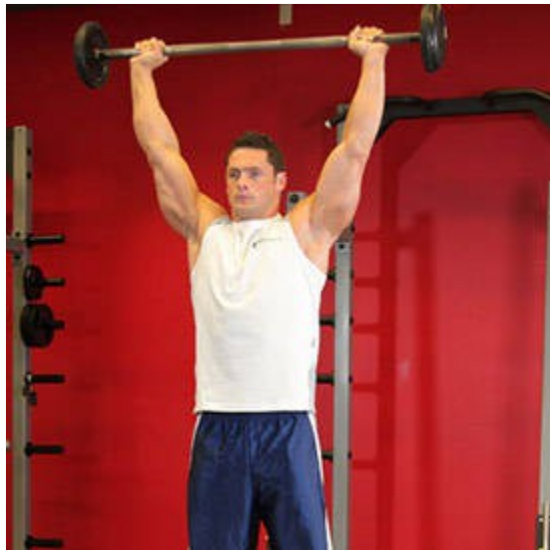


Spider Curl
4 sets, 12 reps



Close-Grip Barbell Bench Press
4 sets, 10 reps

Day 6
Shoulders/Calves



Standing Military Press
2 sets, 6-8 reps
2 sets, 8-10 reps



Seated Dumbbell Press

2 sets, 8 reps

2 sets, 12 reps



Front Two-Dumbbell Raise

2 sets, 8-10 reps

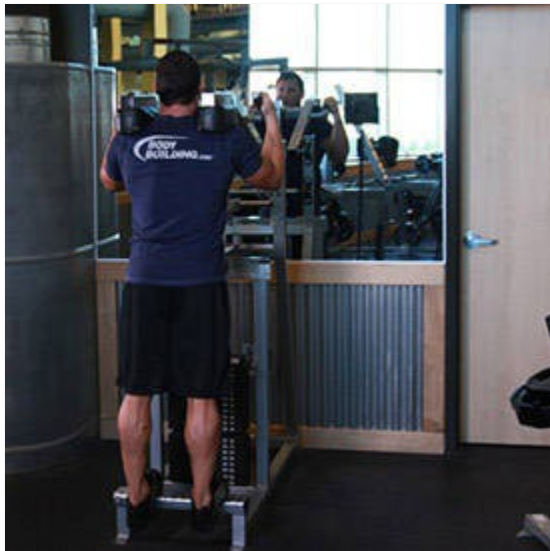
1 set, 10-12 reps



Seated Bent-Over Rear Delt Raise

2 sets, 8-10 reps

1 set, 10-12 reps



Standing Calf Raises

4 sets, 20 reps



Seated Calf Raise
4 sets, 15-20 reps

Day 7 - Rest