

Day #1

Chest, Calves

Squat Calf Raise	6 Sets of 25 - 30 20 - 25 15 - 20 10 - 15 RPW ¹
Seated Leg Press Calf [2x2x2]	6 Sets of 25 - 30 20 - 25 15 - 20 10 - 15 RPW
Bench Press [Warm up]	2 Sets of 12 - 15 RPW
Bench Press Dumbbell Inner Chest Press	3 Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW
Incline Bench Press	4 Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW
Dumbbell Bench Press	6 Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW

¹ Reps Per Week

Day #2

Back, Abs

Dumbbell Pullover	2wu¹ x 1wk² Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW
Close Grip pulldown	1wu x 1wk Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW
Dumbbell Bent over Row	1wu x 1wk Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW
Wide Grip Cable Row	1wu x 1wk Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW
Barbell Deadlift	1wu x 1wk Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW
Hip Thrust	3 Sets of 25 - 30 RPW
Ab Crunch Machine	3 Sets of 25 - 30 20 - 25 15 - 20 10 - 15 RPW
Cable Wood Chopper	3 Sets of 25 - 30 20 - 25 15 - 20 10 - 15 RPW

Tips:

- I. 1 min res between sets and exercises.
- II. All sets are 'To Failure'

¹ Warm up Set

² Working Set

Day #3

Cardio, Calves, Abs

Cardio	20 min
Squat Calf Raise	6 Sets of 25 - 30 20 - 25 15 - 20 10 - 15 RPW
Standing Leg Press Calf [2x2x2]	6 Sets of 25 - 30 20 - 25 15 - 20 10 - 15 RPW
Hanging Leg Raise	3 Sets of 25 - 30 20 - 25 15 - 20 10 - 15 RPW
Weighted Crunch	3 Sets of 25 - 30 20 - 25 15 - 20 10 - 15 RPW
Dumbbell Side Bend	3 Sets of 25 - 30 20 - 25 15 - 20 10 - 15 RPW

Day #4

Legs, Abs

Cardio [Warm up]	10 min
Stretching	5 min
Leg Extension	2wu x 1wk Sets of 15 10 - 12 10 - 12 RPS ¹
Leg Press	2wu x 1wk Sets of 10 - 12 10 - 12 10 - 12 RPS
Hack Squat	2wu x 1wk Sets of 10 - 12 10 - 12 10 - 12 RPS
5 min Rest	
Lying Leg Extension	1wu x 1wk Sets of 10 - 12 10 - 12 RPS
Stiff-Leg Deadlift	1wu x 1wk Sets of 10 - 12 10 - 12 RPS
Knee Raise	3 Sets of 25 - 30 RPW
Incline Sit-up	3 Sets of 25 - 30 20 - 25 15 - 20 10 - 15 RPW
Plank	3 Sets of 60sec 90sec 120sec 150sec RPW

Tips:

- I. 1 min res between sets and exercises.
- II. All sets are 'To Failure'

¹ Reps Per Set

Day #5

Shoulders, Calves

Squat Calf Raise	6 Sets of 25 - 30 20 - 25 15 - 20 10 - 15 RPW
Dumbbell Calf Press	4 Sets of 25 - 30 RPW
Dumbbell Shoulder Press	2wu x 1wk Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW
Side Lateral Raise	1wu x 1wk Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW
Low-Pulley Delt Raise	0wu x 1wk Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW
Reverse Dumbbell Fly	1wu x 1wk Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW
Shoulder Press Machine Barbell Up-Right Row	2wu x 1wk Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW
Dumbbell Shrug	0wu x 2wk Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW

Tips:

- I. 1 min res between sets and exercises.
- II. All sets are 'To Failure'

Day #6

Biceps, Triceps

Close Grip Barbell Curl Close Grip Triceps Bench Press	4 Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW
Preacher Barbell Curl Over-Head Triceps Extension	4 Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW
Incline Dumbbell Biceps Curl Decline Barbell Triceps Extension	4 Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW
Biceps Cable Rope Curl(Out-Extended) High-Pulley Biceps Row (One-Arm)	4 Sets of 12 - 15 9 - 11 6 - 8 3 - 5 RPW