**Daily Routine Details**

**Monday: (5AM-7AM)**

Deadlifts: 3 sets of 6-8 reps

Pull-Ups: 3 sets of 8-10 reps

Bent Over Rows: 3 sets of 8-12 reps

Barbell Curls: 3 sets of 10-12 reps

Hammer Curls: 3 sets of 10-12 reps

**Wednesday: (5AM-7AM**)

Incline Dumbbell Press: 3 sets of 8-12 reps

Cable Flyes: 3 sets of 12-15 reps

Tricep Dips: 3 sets of 8-10 reps

Skull Crushers: 3 sets of 10-12 reps

**Thursday – (5AM-7AM)**

Squats: 3 sets of 8-10 reps

Leg Press: 3 sets of 10-12 reps

Calf Raises: 3 sets of 15-20 reps

Military Press: 3 sets of 8-12 reps

Lateral Raises: 3 sets of 12-15 reps

**Friday – (5AM-7AM)**

Deadlifts or Squats: 3 sets of 6-8 reps

Bench Press or Overhead Press: 3 sets of 8-10 reps

Pull-Ups or Rows: 3 sets of 8-12 reps

Any Bicep Exercise: 3 sets of 10-12 reps

Any Tricep Exercise: 3 sets of 10-12 reps