

Back	Chest	Shoulders	Traps	Legs
Deadlift	Bench press	Arnold press	Dumbell Shrugs	Squats
Rack Pulls	Inclined bench press	Military press		Lunges
Pull up/ LAT pull down	Baysian Flies	Side raise		Romanian Deadlift
T Bar row/ Seated Row/ Barbell Row	Low to down cable flies	Front raise		Leg press
FacePulls				Calf raise
				Leg extension machir
				Leg curl machine

Triceps	Biceps
Cable pushdown	Preacher curls
Kickback cables/Dumbbells	Barbell curls
Standing Overhead extension cables/	Dumbbell hammers

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