Day 1: Chest (9 working sets) & Tris (6 sets)

* Flat bench press – warm up sets and then 3 working sets (4-6 reps per set)
* Incline bench press - 3 working sets (4-6 reps per set)
* Weighted dip - 3 working sets (4-6 reps per set)
* Triceps pushdown – warm up sets then 3 working sets
* Seated triceps press - 3 working sets

Day 2: Back (9 working sets) & Bis (6 sets)

* Barbell Deadlift – warm up sets and then 3 working sets
* One arm dumbbell row - 3 working sets
* Close grip lat pulldown - 3 working sets
* Dumbell curl - warm up sets and then 3 working sets
* Barbell curl - 3 working sets

Day 3: Shoulders (9 working sets ) & Abs (3x3 sets) (& maybe legs)

* Seated barbell military press - warm up sets and then 3 working sets
* Side lateral raise - 3 working sets
* Bent over rear delt raise - 3 working sets
* Barbell shrugs - 3 working sets

Day 4: Legs (9 working sets )

* Barbell squat- warm up sets and then 3 working sets
* Leg press - 3 working sets
* Romanian deadlift - 3 working sets
* Seated or standing calf raise – 6 sets, 10-12 reps per set

Day 5: Boot Camp

15 mins cardio after each session