

Professional Gym Workout Schedule

Chest	
Flat Bench Press (Barbell)	4 sets x 8 reps
Incline Barbell Press	3 sets x 8 reps
Incline Dumbbell Press	3 sets x 8 reps
High-to-Low Cable Crossovers	3 sets x 12 reps
Shoulders	
Machine Shoulder Press	4 sets x 8 reps
Upright Rows	3 sets x 8 reps
Lateral Raises	3 sets x 12 reps
Front Dumbbell Raises	3 sets x 12 reps
Triceps	
Overhead Dumbbell Triceps Extension	3 sets x 12 reps
Back	
Lat Pulldowns	4 sets x 8 reps
Seated Cable Rows	4 sets x 8 reps
Close-Grip Cable Rows	3 sets x 12 reps
T-Bar Rows	3 sets x 8 reps
Biceps	
EZ Bar Barbell Curls	3 sets x 8 reps
Alternating Dumbbell Curls	4 sets x 8 reps
Preacher Curls	4 sets x 8 reps
Rope Hammer Curls	4 sets x 12 reps
Legs	
Leg Press	4 sets x 8 reps
Leg Extension	3 sets x 8 reps
Seated Leg Curl	4 sets x 8 reps
Calf Raises	4 sets x 8 reps