

Upper 1

<i>Exercise</i>	<i>Sets x Reps</i>	<i>Rest Between Sets</i>
BB bench press	3×5+	~4-5 minutes
Incline DB press (45 degrees)	3×6-8	~3 minutes
Dip (forward lean – chest focus)	3×8-12	~3 minutes
Cable face pull (standing, pulley at chest)	3×8-12	~2 minutes
Cable lateral raise	3×8-12	~2 minutes
Ab Crunch Machine	3x AMRAP	~2 minutes

Total Sets: 18

Lower 1

<i>Exercise</i>	<i>Sets x Reps</i>	<i>Rest Between Sets</i>
BB back squat	3×5+	3-5 minutes
DB Romanian deadlift (RDL)	3×6-8	~3 minutes
Leg Extension	3×8-12	~3 minutes
Seated cable row (curved U handle is best)	3×8-12	~3 minutes
Seated calf raise machine	3×12-16	~2 minutes

Total Sets: 15

Arms

<i>Exercise</i>	<i>Sets x Reps</i>	<i>Rest Between Sets</i>
EZ Bar Curl	3×8-12	~3 minutes
Cable pressdown (straight/EZ bar, or rope handle)*	3×8-12	~2 minutes
DB incline curl (45 degrees)	3×8-12	~2 minutes
Skull Crushers	3×6-8	~2 minutes
Preacher curl machine	3×12-16	~2 minutes

Total Sets: 15

Upper 2

<i>Exercise</i>	<i>Sets x Reps</i>	<i>Rest Between Sets</i>
BB Pause Bench	3×6-8	3-5 minutes
Pull up	3×6-8	~3 minutes
DB bench press (1 second pause each rep)	3×8-12	~3 minutes
Cable lateral raise	3×8-12	~2 minutes
Decline sit up (45 degrees)*	3x AMRAP	~2 minutes

Total Sets: 15

Lower 2

<i>Exercise</i>	<i>Sets x Reps</i>	<i>Rest Between Sets</i>
Conventional deadlift	2×5+	3-5 minutes
DB Bulgarian split squat (DBs in both hands*)	3×8-12	~3 minutes
One-arm Cable Row	3×6-8	~3 minutes
Seated hamstring curl machine	3×8-12	~2 minutes
Seated calf raise machine	3×12-16	~2 minutes

Total Sets: 14