

UPPER BODY1 (chest focused)

CHEST

benchpress 2sets, 5-8reps
1backoff set 8-12reps ←
incline benchpress 3sets, 8-12reps

BACK

weighted pullups 3sets, 8-12reps
straight arm pulldown 3sets, 12-15reps

BICEPS

strict curl 3sets, 8-10reps
hammer curl 3sets, 12-20reps

TRICEPS

skullcrusher 3sets
12-15reps

SHOULDERS

lateral raise 3sets
12-20reps
bent over rear
delt fly
3sets, 12-20reps



LOWER BODY1 (quad focused)

QUADS

squat 2sets, 5-8reps
1backoff set 8-12reps
lunges 3sets, 12-20reps
leg extensions 3sets, 12-20reps

HAMSTRINGS

romanian deadlifts 3sets, 8-12reps

CALVES

calf raises 3sets, 8-12reps



UPPER BODY2 (back focused)

BACK

lat pulldown 3sets, 8-12reps
barbell row 3sets, 8-12reps

SHOULDERS

overhead press 3sets, 8-12reps
facepulls 3sets, 12-20reps

CHEST

benchpress 2sets 5-8reps
1backoff set 8-12reps
dumbbell fly 3sets, 12-20reps

BICEPS

preacher curl 3sets, 12-15reps
cable ham. curl 3sets, 12-15reps

TRICEPS

tricep pushdown 3sets
8-12reps
skullcrusher 3sets
8-12reps



LOWER BODY2 (glute and ham. focused)

GLUTES

hip thrust 3sets, 8-12reps
glute kickbacks 3sets, 12-20reps

HAMSTRINGS

goodmornings 3sets, 8-12reps
hamstring curls 3sets, 15-20reps

QUADS

legpress 3sets, 12-20reps

CALVES

calf raise
3sets, 15-20reps



UPPER BODY3 (shoulder & arm focused)

BICEPS

strict curl 3sets, 8-12reps

concentration curl 3sets, 12-20reps

SHOULDERS

overhead press 2sets, 5-8reps

1backoff set 8-12reps

lateral raise 3sets, 12-20reps

CHEST

incline benchpress 3sets, 12-15reps

cable flies 3sets, 12-20reps

BACK

meadows row 3sets

12-15reps

seated cable row

3sets, 12-15reps

TRICEPS

pushdown 3sets

12-15reps

