

Day 1	Sets x Reps	Rest (seconds)	Example Exercise
1 Deadlift variation	4x3	120	Sumo Deadlift
2a Vertical Pull	4x6	90	Pullups
2b Horizontal Push	4x8	60	Incline Dumbbell Bench Press
3a Horizontal Pull	3x15	60	Dumbbell Row
3b Vertical Push	3x12	60	Lat Raise
Back Accessory	3x12	60	Straight Bar Pulldowns
Tricep Accessory	3x15	45	Skullcrushers
Accessory	3x15-20	45	Whatever you want to work on

Day 2	Sets x Reps	Rest (seconds)	Example Exercise
Bench Press variation	5x3	120	Close Grip Bench Press
Horizontal Pull	4x8	60	Cable Row
Vertical Push	4x10	60	Dumbbell Seated Shoulder Press
Vertical Pull	3x12	60	Lat Pulldown
Quad Accessory	3x15	45	Dumbbell Step Ups
Hamstring Accessory	3x10	60	Glute Ham Raise
Accessory	3x15-20	45	Whatever you want to work on

Day 3	Sets x Reps	Rest (seconds)	Example Exercise
Squat variation	4x3	120	Barbell Back Squat
Horizontal Pull	4x6	120	Barbell Bent Over Row
Vertical Push	3x10	60	Arnolds
Vertical Pull	3x12	60	Chinups
Horizontal Push	3x12	60	Dumbbell Incline Bench
Chest Accessory	3x12	60	Cable Fly
Bicep Accessory	3x15-20	45	Preacher Curls
Accessory	3x15-20	45	Whatever you want to work on