

Monday	
Exercise	Set 1
Bench Press	3 sets 8 reps
Machine Sh. Press	3 sets 12 reps
Dips	3 sets 12-15 reps
Cable Cross Over	3 sets 12-15 reps
Egyptian Lat Raise	3 sets 12-15 reps
Cable Tri Kickback	3 sets 20-30 reps

Tuesday	
Exercise	Set 1
Pull Ups	3 sets 8 reps
Seated Cable Row	3 sets 10-12 reps
Kneel Cable Pull Over	3 sets 15-20 reps
Hammer Cheat Curls	3 sets 8-10 reps
Incline Dumbbell Curl	2 sets 12-15 reps

Wednesday	
Exercise	Set 1
Squats	3 sets 4 reps
Single Leg Press	3 sets 15 reps
Leg Extension	3 sets 10-12 reps
Leg Curl	3 sets 10-12 reps
Standing Calf Raises	3 sets 10-12 reps

Thursday	
Exercise	Set 1
Overhead Press	4 sets 4 reps
Close-grip bench	3 sets 10 reps
Cable crossover	3 sets 10-12 reps
Overhead tricep ext	3 sets 10-12 reps
Lateral Raises	3 sets of 21s
Reverse pec deck	2 sets 15+10-12 reps

Friday	
Exercise	Set 1
Omni-grip lat pulldwn	3 sets 10-12 reps
Deadlift	3 sets 3 reps
Incline curls	3 sets 10-12 reps
Chest supported row	3 sets 10-12 reps
Incline dumbbell shrug	3 sets 15-20 reps
Supinated barbell curl	3 sets 10x10 reps