

Workout 1: Chest, Shoulders, and Triceps

Exercise	Sets	Reps	Rest
Decline Dumbbell Fly	1	8-12	None
Incline Dumbbell Fly	1	8-12	None
Flat Bench Dumbbell Fly	1	8-12	None
Barbell Bench Press	1	8-12	None
Feet-Elevated Push Ups	1	8-12	1-2 min
Single Dumbbell Front Raise	1	8-12	None
Barbell Close Grip Upright Row	1	8-12	None
Arnold Press	1	8-12	None
Seated Dumbbell Lateral Raise	1	8-12	None
Standing Band Lateral Raise	1	8-12	1-2 min
Skull Crushers	1	8-12	None
Dumbbell Kickbacks	1	8-12	None
Seated Two-Arm Overhead Extension	1	8-12	None
Dips	1	8-12	-

Workout 2: Lower Back, Glutes, Hamstrings, Quads, Calves

Exercise	Sets	Reps	Rest
Good Morning	1	8-12	None
Stiff Leg Deadlift	1	8-12	1 min
Barbell Hip Thrust	1	8-12	None
X-Band Walk	1	8-12	1 min
Exercise Ball Leg Curl	1	8-12	None
Dumbbell Hamstring Curl	1	8-12	None
Dumbbell Walking Lunge	1	8-12	1 min
Dumbbell Leg Extension	1	8-12	None
Barbell Squat	1	8-12	None
Zercher Squat (Sumo Stance)	1	8-12	1 min
Seated Barbell Calf Raise	1	8-12	None
Standing Calf Raise	1	8-12	-

Workout 3: Upper Back, Rear Delts, Traps, Biceps, Forearms, Abs

Exercise	Sets	Reps	Rest
Wide Grip Pull Up	1	8-12	None
Wide Grip Behind the Neck Pull Up	1	8-12	None
Reverse Grip Pull Up	1	8-12	None
Dumbbell Rows on Bench	1	8-12	None
Reverse Grip Barbell Row	1	8-12	1 min
Bent Over Rear Lateral Raise	1	8-12	None
Band Face Pulls	1	8-12	None
Rear Delt Barbell Row	1	8-12	None
Band Reverse Fly	1	8-12	1 min
Dumbbell High Pull (Seated)	1	8-12	None
Dumbbell High Pull (Standing)	1	8-12	None
Dumbbell Shrug (Seated)	1	8-12	1 min
Barbell Preacher Curl	1	8-12	None
Incline Dumbbell Curl	1	8-12	None
Barbell Curl	1	8-12	1 min
Barbell Wrist Curl	1	8-12	1 min
Barbell Reverse Wrist Curl	1	8-12	None
Barbell Reverse Curl	1	8-12	-