

chest
shoulder
tricep
Push A
Barbell Flat Bench Press 3 x 8 -12
Incline Dumbbell Press 3 X 8 -12
chest press seated machine front 3 x 8 -12
Dumbbell Pullover/Incline flys 2 x 10 - 12
Barbell Overhead Press 3 x 10-12
DB Front Raises 3 x 10 - 12
side Lateral Raises 3 x failiure
Dips (double bar / assisted machine) 3 x 8 -12
Incline Dumbbell Overhead Extension 3 x 10 - 12
Triceps Pushdown with Bar 3 x 10 - 12
Weighted Pushup - faliure

Push B
flat dumbbell press 3 x 10 -12
decline barbell/machine 3 x 10 - 12
cable flys 3 x 10 - 12 drop
pec-dec drop set
dumbbell press 3 x 10 - 12
arnold press 3 x 10 -12
dumbbell side raises 3 x 10-12
reverse barpress / lat pull down 3 x 10-12
skull crusher 3 x 10- 12
close grip smith machine 3 x 10 - 12 (drop set)
rope push down 3 x 10 - 12
dumbbell kickbacks 3 x (drop sets)

back
bicep

Pull A
Pull-ups 3 x 8 - 10
Wide Grip Lat Pulldown 3 x 10 -12
Barbell Bent-Over Row 3 x 10 -12
One Arm Dumbbell Rowing 3 x 10-12
rear delts 3 x 10 - 12
upright rows 3 x 10 - 12
Chinups / close grip lat pull down 3 x 10 -12
Standing bar Bicep Curl cls/ wide 3 x 10 - 12
DB incline Alternate Bicep curl 3 x 10 - 12
Preacher Curl 3 x 10 - 12 (last drop set)
Rope Hammer Curls 2 x 12-15 reps

Pull B
Pull-ups 3 x 8 - 10
reverse grip Lat Pulldown 3 x 10 -12
T bar rowing 3 x 10-12
seated rows 3 x 10 - 12
Face pull 3 x 10 - 12
bar/rope pull down 3 x failures
shrugs (dumbbells / smith machine) 3 x failure
Dumbell Hammer Curls 3 x 12-15 reps
Reverse curls machine dropsets 2 x
bicep machine curls super set 2 x
Concentration Curl 3 x 10 - 12 (last drop set)

legs
core

legs A
Front Squats/ close squats 3 x 10 - 12 (last drop)
Leg Press 3 x 10 - 12
deadlifts 2 x 10 - 12
Leg Curl 3 x 10 - 12
leg extensions 3 x 10 - 12
lunges 3 x 10 - 12
Calf Raise 4 X 8 – 10
flutter kicks 3 X 15 - 20
crunchs Sits up 3 x 15 - 20
machine crunchs abs 3 x 15 - 20
Plank 1 - 2 min hold

legs B
Back Squats 4 x 10 - 12 (last drop)
Leg Press 2 x 10 - 12
deadlifts 2 x 10 - 12
Bulgarian split squats 3 x 10 - 12
Leg Curl 3 x 10 - 12
leg extensions 3 x 10 - 12
Calf Raise 3 X 8 – 10
lower abs 2 X 10 – 15
bicycle crunches 3 x 15 - 20
Leg raises 3 x 15 -20
Russian twists 3 x 15 - 20
side Plank 1 - 2 min hold