

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

|                                                        |
|--------------------------------------------------------|
| <b>Push B</b>                                          |
| flat dumbbell press <b>3 x 10 -12</b>                  |
| decline barbell/machine <b>3 x 10 - 12</b>             |
| cable flys <b>3 x 10 - 12 drop</b>                     |
| pec-dec <b>drop set</b>                                |
| dumbbell press <b>3 x 10 - 12</b>                      |
| arnold press <b>3 x 10 -12</b>                         |
| dumbbell side and front raises <b>3 x 10-12</b>        |
| reverse barpress <b>3 x 10-12</b>                      |
| skull crusher <b>4 x 10- 12</b>                        |
| close grip smith machine <b>3 x 10 - 12 (drop set)</b> |
| rope push down <b>3 x 10 - 12</b>                      |
| dumbbell kickbacks <b>3 x ( drop sets )</b>            |

|              |
|--------------|
| <b>back</b>  |
| <b>bicep</b> |

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

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

|             |
|-------------|
| <b>legs</b> |
| <b>core</b> |

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

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