

<b>Session:</b>		
Push Workout		
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Bench press	4	8-12
Incline DB	4-5	8-12
Standing flyes (high)	4-5	10-15
Shoulder press, DB	4	6-10
Smith machine shoulder press	3-4	10-12
Dumbbell lateral raise	4	12-15
Skull crushers	3-4	8-12
Tricep kickbacks	3-4	8-12
<b>Session:</b>		
Pull Workout		
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Pull ups	4	Failure
Lat pulldowns	4	10-12
Barebell rows	4	8-12
Bent over dumbbell raises	3-4	10-15
Barebell bicep curls	4	8-15
Hammer curls	3-4	8-12
<b>Session:</b>		
Push Workout		

<b>Session:</b>		
Leg Workout		
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Barebell squats	4-6	5-10
Leg press	4-5	10-15
Lunges	2-4	10-12
Leg extensions	4-5	10-15
Lying leg curls	3-4	8-12