Session:		
Push Workout		
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Exercise	Sets	Reps
Bench press	5-8	3-8
Incline DB	4	8-10
Shoulder press	5-6	4-8
Dumbell lateral raise	4-5	8-12
Skull crushers	3	10
Tricep pushdowns	3	8-12
Session:		
Pull Workout		
Exercise	Sets	Reps
Exercise Deadlift	Sets 5-8	Reps 5-8
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Deadlift	5-8	5-8
Deadlift Lat pulldowns	5-8 4-5	5-8 8-12
Deadlift Lat pulldowns Seated cable row	5-8 4-5 4-6	5-8 8-12 8-12
Deadlift Lat pulldowns Seated cable row Face pulls	5-8 4-5 4-6 4	5-8 8-12 8-12 10-15
Deadlift Lat pulldowns Seated cable row Face pulls Barebell bicepcurls	5-8 4-5 4-6 4	5-8 8-12 8-12 10-15
Deadlift Lat pulldowns Seated cable row Face pulls Barebell bicepcurls Session:	5-8 4-5 4-6 4	5-8 8-12 8-12 10-15
Deadlift Lat pulldowns Seated cable row Face pulls Barebell bicepcurls Session:	5-8 4-5 4-6 4	5-8 8-12 8-12 10-15
Deadlift Lat pulldowns Seated cable row Face pulls Barebell bicepcurls Session: Leg Workout	5-8 4-5 4-6 4	5-8 8-12 8-12 10-15 8-12
Deadlift Lat pulldowns Seated cable row Face pulls Barebell bicepcurls Session: Leg Workout Exercise	5-8 4-5 4-6 4 4	5-8 8-12 8-12 10-15 8-12
Deadlift Lat pulldowns Seated cable row Face pulls Barebell bicepcurls Session: Leg Workout Exercise Barebell squats	5-8 4-5 4-6 4 4 Sets	5-8 8-12 8-12 10-15 8-12 Reps