

Session:		
Push Workout		
Exercise	Sets	Reps
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
Session:		
Pull Workout		
Exercise	Sets	Reps
Pull ups	4	Failure
Lat pulldowns	4	10-12
Barebell rows	4	8-12
Bent over dumbbell raises	3-4	10-15
Barebell bicepcurls	4	8-15
Hammer curls	3-4	8-12
Session:		
Leg Workout		
Exercise	Sets	Reps
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