

Session:		
Push Workout		
Exercise	Sets	Reps
Bench press	5-8	3-8
Incline DB	4	8-10
Shoulder press	5-6	4-8
Dumbbell lateral raise	4-5	8-12
Skull crushers	3	10
Tricep pushdowns	3	8-12
Session:		
Pull Workout		
Exercise	Sets	Reps
Deadlift	5-8	5-8
Lat pulldowns	4-5	8-12
Seated cable row	4-6	8-12
Face pulls	4	10-15
Barebell bicepcurls	4	8-12
Session:		
Leg Workout		
Exercise	Sets	Reps
Barebell squats	5-7	5-8
Leg press	4	10-15
Leg extensions	4-5	8-12
Lying leg curls	4	8-12