Chest and Tris Day

***Bench Press:***

First Cycle

5x5, Start at ~75% 1RM, increment by 5lbs total

Second Cycle

5x5 Consistent weight, ~75% 1RM

Third Cycle

5x5 Start at ~50% 1RM, increment by 5lbs on each side

***Incline Bench:***

Same cycle structure as Bench

***Decline Bench:***

Same cycle structure as Bench

***Dumbbell Flys:***

First Cycle:

3x8, start at 70% 1RM and increment by 5lbs

Second Cycle:

3x8, consistent at ~85% 1RM

***Skull Crushers:***

First Cycle:

3x8, start at 70% 1RM and increment by 10lbs

Second Cycle:

3x8, consistent at ~85% 1RM

***“Kickbacks”:***

Same cycle structure as **Dumbbell Flys**

***“Behind the head dumbbell kicks”:***

Same cycle structure as **Dumbbell Flys**

***“One-handed behind the head dumbbell kicks”:***

Same cycle structure as **Dumbbell Flys**

***Set of dips until failure for post-workout***

Leg and Abs Day:

***Backsquats****:*

Same cycle structure as **Bench Press**

***Bulgarian Split Squats:***

Same cycle structure as **Dumbbell Flys**

***Quad and Hamstring Machines:***

Same cycle structure as **Skull Crushers**

***Dumbbell Lunges:***

Same cycle structure as **Dumbbell Flys**

***Crunches/Situps:***

3 Sets of 50. If unable, start at sets of 25 and increment by 5 each week

***Six Inches:***

One minute followed by 30 seconds of “leg scissors” followed by 30 seconds normal

***Oblique Medicine Ball Toss*** (if partner available):

3x10 on each side, consistent medicine ball weight

***Hanging Leg Raises:***

3x10, no swinging.

**REST DAY**

Shoulders and Traps Day

***Standing Military Press:***

Same cycle structure as **Bench Press**

***Deltoid Press:***

Same cycle structure as **Dumbbell Flys**

***Side Lateral Raises:***

Same cycle structure as **Dumbbell Flys**

***Front Lateral Raises:***

Same cycle structure as **Dumbbell Flys**

Back and Abs Day

***Deadlifts:***

Same cycle structure as **Bench Press**

***Bent-Over Olympic Bar Rows:***

Same cycle structure as **Bench Press**

***Dumbbell Rows:***

Same cycle structure as **Dumbbell Flys**

***Lat Pull Down:***

Same cycle structure as **Skull Crushers**

***“One-sided Barbell Pulls”***

Same cycle structure as **Dumbbell Flys**

***Repeat the Ab workouts from Leg Day:***

**REST DAY**

**START NEW CYCLE**