**SHOULDERS**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Shoulder press | 3x20 |  |  |  |  |  |  |  |  |
| Lateral db raise | 3x20 |  |  |  |  |  |  |  |  |
| Arnold raise | 3x20 |  |  |  |  |  |  |  |  |
| Front db raise | 3x20 |  |  |  |  |  |  |  |  |
| Bent-over lateral raise | 3x20 |  |  |  |  |  |  |  |  |
| Reverse pek-dek flye | 3x20 |  |  |  |  |  |  |  |  |
| Shrugs | 3x20 |  |  |  |  |  |  |  |  |

**CHEST**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Incline db press | 3x20 |  |  |  |  |  |  |  |  |
| Flat db press | 3x20 |  |  |  |  |  |  |  |  |
| Decline db press | 3x20 |  |  |  |  |  |  |  |  |
| Machine press | 3x20 |  |  |  |  |  |  |  |  |
| Pushups |  |  |  |  |  |  |  |  |  |
| Cable crossover | 3x20 |  |  |  |  |  |  |  |  |
| Flye | 3x20 |  |  |  |  |  |  |  |  |
| Pek-dek | 3x20 |  |  |  |  |  |  |  |  |

**TRICEPS**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Close grip press | 3x20 |  |  |  |  |  |  |  |  |
| Bench dip | 3x10 |  |  |  |  |  |  |  |  |
| Machine pressdown | 3x20 |  |  |  |  |  |  |  |  |
| Overhead extensions | 3x20 |  |  |  |  |  |  |  |  |
| Rope pulldown | 3x20 |  |  |  |  |  |  |  |  |
| Lying french press | 3x20 |  |  |  |  |  |  |  |  |
| Db kickbacks | 3x20 |  |  |  |  |  |  |  |  |
| Bar pulley pressdown | 3x20 |  |  |  |  |  |  |  |  |

**BACK**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Bent over db row | 3x20 |  |  |  |  |  |  |  |  |
| Bb row | 3x20 |  |  |  |  |  |  |  |  |
| Deadlift | 3x20 |  |  |  |  |  |  |  |  |
| Lateral pulldowns | 3x20 |  |  |  |  |  |  |  |  |
| Arm pressdowns | 3x20 |  |  |  |  |  |  |  |  |
| Back extensions | 3x20 |  |  |  |  |  |  |  |  |
| Seated cable row | 3x20 |  |  |  |  |  |  |  |  |
| Good mornings | 3x20 |  |  |  |  |  |  |  |  |
| Pull ups |  |  |  |  |  |  |  |  |  |
| Behind back lifts | 3x20 |  |  |  |  |  |  |  |  |

**BICEPS**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Standing bb curl | 3x20 |  |  |  |  |  |  |  |  |
| EZ bar preacher curl | 3x20 |  |  |  |  |  |  |  |  |
| Cable curl | 3x20 |  |  |  |  |  |  |  |  |
| Concentration curl | 3x20 |  |  |  |  |  |  |  |  |
| Hammer curl | 3x20 |  |  |  |  |  |  |  |  |
| Standing ez bar curl | 3x20 |  |  |  |  |  |  |  |  |
| Seated db curls | 3x20 |  |  |  |  |  |  |  |  |
| High cable curl | 3x20 |  |  |  |  |  |  |  |  |
| Db preacher curl | 3x20 |  |  |  |  |  |  |  |  |

**ALTERNATIVES**

**SHOULDERS**

Shoulder press: barbbell, dumbbell, smith machine

Lateral db raises: single arm, bent arm, two arm

Front db raise: barbbell, machine, single arm, two arm

Bent over lateral raise: standing, seated

Reverse pek dek flye: cable, machine

**CHEST**

Phushups: normal, lady

**TRICEPS**

Lying french press: ez bar, barbbell, dumbbell

**BACK**

Lateral pulldowns: wide grip, close grip, behind head

Seated cable row: wide grip, close grip

Arm pressdowns: wide grip, close grip

**BICEPS**

Seated db curls: alternating, simultaneous

High cable curl: single arm, two arm

**TRAINING PROGRAM**

**DAY 1**: Chest, triceps and HIIT

**DAY 2**: Legs, glutes and abs

**DAY 3**: Back, biceps and LISS

**DAY 4**: Legs, glutes and abs

**DAY 5**: Shoulders, calves and HIIT

**DAY 6**: Abs and LISS

**MEAL SCHEDULE**

**08:00** Oats and protein

**10:00** Hámark +/ skyr

**12:00** Rúnstykki

**14:00** Egg/hrökkbrauð/protein pancake

**20:00** Kind, hrásalat og grænmeti

**21:00** Ananas +/casein