

# gym routine

#schedule

## Daily schedule

M - F

Mon:

-Chest/Shoulders/Triceps

chest:

Bench Press

Incline dumbbell press

dumbbell flys

shoulders:

overheadpress

lateral raises

rear delt flys

triceps:

cable pushdowns

skullcrushers

dips

Tue:

-Tennis

Wed:

-Back/Biceps

back:

lat pulldowns

seated cable rows

deadlifts

supported bent over rows

biceps:

curls

hammer curls

preacher curls

Thur:

-Tennis

Fri:

- Legs/Abs

legs:

squats or goblets

rdls

walking lunges

calf raises

abs:

leg raises

3x planks

sit-ups