#### PUSH A - CHEST, TRICEPS, AND SHOULDERS

### CHEST

- INCLINE DB & BARBEL PRESS
  - 6 SETS, 6-10 REPS
- LOW TO HIGH CHEST FLY
  - 3 SETS, 10 REPS
- MID CABLE FLY
  - 3 SETS, 10 REPS

#### TRICEPS

- CLOSE GRIP BENCH PRESS
  - 4 SETS, REPS
- SKULL CRUSHERS
  - 3 SETS, 8-12 REPS
- STRAIGHT BAR TRICEPS EXTENSIONS
  - 5 SETS, 8-12 REPS

#### SHOULDERS

- LATERAL RAISES
  - 3 SETS, TILL FAILURE
- STANDING OVERHEAD PRESS
  - 5 SETS, 8-10 REPS
- CABLE CROSSOVER
  - 5 SETS, 10 REPS

#### PULL A - BACK AND BICEPS

#### BACK

- <u>PULLUPS</u>
  - 3 SETS, TILL FAILURE
- REVERSE BACK ROW
  - 4 SETS, 8-10 REPS
- ROPE PULLDOWN
  - 3 SETS, 8-12 REPS LAT PULLDOWN
  - 4 SETS, 8-12 REPS

## BICEPS

- PREACHER CURLS
  - 3 SETS, 8-12 REPS
  - HAMMER CURLS
  - 3 SETS, 8-12 REPS
- INCLINE DB CURLS
  - 3 SETS, 8-12 REPS

### LEGS

- BARBELL SQUATS
  - 3 SETS, 8-12 REPS
- HAMSTRING CURLS
  - 3 SETS, 8-12 REPS
- LEG PRESS
  - 3 SETS
  - 1<sup>ST</sup> SET HEAVY, 5-9 REPS
  - 2<sup>ND</sup> AND 3<sup>RD</sup> SET, LOWER WEIGHT 8 12 REPS
- <u>LEG EXTENSION</u>
  - 2 SETS
  - $1^{ST}$  SET, 10 LEFT AND RIGHT LEGS, BOTH
- <u>CALF RAISES</u>
  - 3 SETS, 15-20 REPS

#### CHEST AND BACK

### CHEST

- FLAT DB & BARBELL PRESS
  - 5 SETS, 6-10 REPS
- HIGH TO LOW CABLE FLYS
  - 3 SETS, 10 REPS
- MID CABLE FLY
  - 3 SETS, 10 REPS

### BACK

- T BAR ROW
  - 6 SETS, 8-10 REPS
- BARBELL ROWS
- 3 SETS, 8-12 REPS
- CABLE CLOSE GRIP ROW
  - 3 SETS, 10-12 REPS
- REVERSE LAT PULLDOWN
  - 4 SETS, 8-12 REPS
  - SINGLE BACK ROW
    - 3 SETS, 6-8 REPS/ARM

#### SHOULDER AND ARMS

# SHOULDERS

- DUMBELL SHOULDER PRESS
  - 3 SETS, 10 REPS
- LATERAL RAISES
  - 3 SETS, TILL FAILURE
- BARBELL EZ BAR CURL
  - 5 SETS, 10 REPS

## TRICEPS

- HEX PRESS
- 3 SETS, 10 REPS
- SKULL CRUSHERS
  - 3 SETS, 8-12 REPS TRICEPS ROPE PULLDOWN
  - 3 SETS, 10 REPS

### **BICEPS**

- PREACHER CURLS
  - 3 SETS, 8-12 REPS
- REVERSE EZ BAR CURLS
  3 SETS. 8-10 REPS
- INCLINE DB CURLS
  - 3 SETS, 8-12 REPS