

5 days - Old School and Hybrid split (3 sets : 12/10/8 reps)

Monday : Chest/Back

- Flat BB Bench press
- Incline BB Bench press
- Dips
- Flat DB fly
- Pull ups/Chin ups
- BB row
- seated row
- Deadlift

Tuesday : Legs/Abs

- Leg extension
- Leg press
- Barbell Squat
- Leg curl
- seated calf raises
- Forward crunches
- Reverse crunches
- Oblique crunches

Wednesday : Shoulder/Arms

- BB military press
- DB lateral raises
- DB rear delt fly -DB shrugs
- Triceps pushdown / BB curl
- Skull crusher / Incline DB curl
- Close grip bench press / Skull crusher
- wrist curl, wrist extension

Thursday : OFF

Friday : Legs/Back/Biceps/Forearms

- DB Goblet Squat
- Standing calf raises
- Lat pulldown
- T bar row
- DB rear delt fly - BB shrugs
- DB curl
- preacher curl
- reverse curl, wrist curl

Saturday : Chest/Shoulder/Triceps

- Incline DB press
- Low cable crossover
- DB shoulder press
- Incline bench DB lateral raises
- Overhead DB extension
- rope pushdown

Sunday : OFF