

3 days - Push Legs Pull split (3 sets : 12/10/8 reps)

Monday : Push (Chest/Shoulder/Triceps)

- Bench press
- Incline DB press
- Low cable crossover
- DB lateral raises
- BB military press
- Triceps pushdown
- Overhead DB extension

Tuesday : OFF

Wednesday : Legs/Abs

- Leg extension
- Leg curl
- BB Squat
- Leg press
- Seated calf raises
- Forward crunches
- Reverse crunches
- Oblique crunches

Thursday : OFF

Friday : Pull (Back/Biceps/Forearms)

- Lat pulldown
- BB row
- One arm row - DB shrugs - DB rear delt fly
- Deadlift
- BB curl
- Incline DB curl
- wrist curl, wrist extension.

Saturday : OFF

Sunday : OFF