

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

Monday : Push (Chest/shoulder/Triceps)

- Bench press
- Incline DB press
- Cable crossover
- DB shoulder press
- Cable lateral raises
- Overhead DB extension
- rope pushdown

Tuesday : Legs/Abs

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

Wednesday : Pull (Back/Biceps/Forearms)

- Lat pulldown
- BB row
- One arm row
- reverse pec dec, DB shrugs
- BB curl
- Hammer curl
- wrist curl
- wrist extension

Thursday : Push (Chest/shoulder/Triceps)

- Incline BB press
- Dips
- Flat DB fly
- BB military press
- DB lateral raises
- Skull crusher
- Triceps pushdown

Friday : Legs/Abs

- DB Goblet Squat
- Leg curl
- Standing calf raises
- Forward crunches
- Reverse crunches
- Oblique crunches

Saturday : Pull (Back/Biceps/Forearms)

- Pull ups
- Deadlift
- Seated row
- BB shrugs, DB rear delt fly
- Incline DB curl
- Preacher curl
- reverse curl, wrist extension

Sunday : OFF