

Chest:

1. Flat Barbell Bench Press – 4 sets × 6-10 reps
2. Incline Dumbbell Press – 3 sets × 8-12 reps
3. Dips (Chest Focus) – 3 sets × 10-15 reps
4. Cable Flys (High-to-Low) – 3 sets × 12-15 reps

Triceps:

5. Close-Grip Bench Press – 3 sets × 8-12 reps
6. Overhead Dumbbell Triceps Extension – 3 sets × 10-12 reps
7. Triceps Rope Pushdown – 3 sets × 12-15 reps

Back:

1. Pull-Ups (Weighted if possible) – 4 sets × 6-10 reps
2. Barbell Deadlifts – 4 sets × 5-8 reps
3. Seated Cable Rows – 3 sets × 10-12 reps
4. Lat Pulldown (Wide Grip) – 3 sets × 10-12 reps

Biceps:

5. Barbell Curls – 3 sets × 8-12 reps
6. Hammer Curls (Dumbbells) – 3 sets × 10-12 reps
7. Preacher Curls (Machine or EZ Bar) – 3 sets × 10-12 reps

Legs

1. Barbell Back Squats – 4 sets × 6-10 reps
2. Romanian Deadlifts (RDLs) – 3 sets × 8-12 reps
3. Leg Press – 3 sets × 10-15 reps
4. Bulgarian Split Squats – 3 sets × 8-12 reps (each leg)
5. Seated Calf Raises – 4 sets × 15-20 reps

Shoulders:

1. Overhead Press (Barbell or Dumbbell) – 4 sets × 6-10 reps
2. Dumbbell Lateral Raises – 3 sets × 12-15 reps
3. Rear Delt Fly (Machine or Cable) – 3 sets × 12-15 reps
4. Face Pulls (Cable) – 3 sets × 12-15 reps

Abs:

5. Hanging Leg Raises – 3 sets × 12-15 reps
6. Cable Crunches – 3 sets × 15-20 reps