

Workout - 2

Day 1 - Push (chest, triceps)

1.a) Flat barbell bench press	/5	/4	/3	/3
1.b) Praying curls	/12	/12	/12	/12
2. Incline barbell bench press	/8	/8	/8	/8
3.a) Skull crusher	/8	/8	/8	
3.b) DB kickbacks	/12	/12	/12	
4. Spider curls	/12	/12		

Day 2 - Pull (biceps, back, lats)

1.a) Deadlift	/5	/5	/5	/5
1.b) Wide grip chinup (body-weight)	/5	/5	/5	/5
2. Pull up	/8	/8	/8	/8
3. Alternating Y/W on yoga ball	/20	/20	/20	/20
4.a) Close grip barbell curls	/8	/8	/8	/8
4.b) Wide grip curls	/8	/8	/8	/8

Day 3 - Legs (quads, hamstrings, calves)

1. Squat holding dumbbells	/12	/12	/12	/12
2. Hamstring curls	/12	/12	/12	/12
3. Bulgarian split squats holding DBs	/12	/12	/12	
4. Bodyweight calf raise	/20	/20	/20	/20
5. Side step lunge holding DBs	/10			

Day 4 - Push (shoulders, triceps)

1.a) Overhead press	/5	/5	/5	/5
1.b) DB overhead press with band	/8	/8	/8	/8
2. Barbell pin press	/12	/12	/12	
3.a) Incline DB tricep extension	/12	/12	/12	/12
3.b) DB kickbacks	/12	/12	/12	/12
4. DB raise tri-set	/30	/30	/30	

Day 5 - Pull (biceps, upper back)

1. Barbell bent over row	/5	/5	/5	/5
2.a) Barbell bicep curl (to failure)	/	/	/	/
2.b) Barbell half-curls (dropset)	/8	/8	/8	/8
3.a) Band face pulls	/20	/20	/20	/20
4. Chest supported row	/8	/8	/8	/8
5. Side grip chinup (to failure)	/	/	/	/