

Your Personal Workout

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)				
	/	/	/	/