Your Personal Workout

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)		•	•	
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1.a) Deadlift				
i.a/ Dedutift	/5	/5	/5	/5
1.b) Wide grip chinup (body-weight)				
wac grip chinap (body-weight)	/5	/5	/5	/5
2 Pull up				
2. Pull up	/8	/8	/8	/8
2 Alternating VAM on years half				
3. Alternating Y/W on yoga ball	/20	/20	/20	/20
(a) Class skip barball surls				
4.a) Close grip barbell curls	/8	/8	/8	/8
4.b) Wide grip curls				
	/8	/8	/8	/8
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Day 3 - Legs (quads, hamstrings, calves)

1. Squat holding dumbbells	/12	<i>/</i> 12	/12	/12
2. Hamstring curls	/12	<i>/</i> 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 proce				
1.a) Overhead press	/5	/5	/5	/5
1.b) DB overhead press with band				
i.b. 00 over fledd press with balld	/8	/8	/8	/8
2. Barbell pin press				
2. Dai bett piii pi ess	/12	/12	/12	
3.a) Incline DB tricep extension				
3.a) Incline DB tricep extension	/12	/12	/12	/12
3.b) DB kickbacks				
3.b) DD RICKBACKS	/12	/12	/12	/12
4. DB raise tri-set				
4. DD I dise ti i-set	/30	/30	/30	
Day E Dull (bisans upper back)	•			

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)	/	/	/	/