

Schedule: Upper/Lower/Rest/Upper/Lower/Rest/Rest OR Upper/Lower/Rest repeated, depending on what you think you can do. If you're daring you could try Upper/Lower/Upper/Lower/Rest, but that might not give you time to recover.

Upper:

1. Medium-Close Grip Barbell Bench Press 5x10
2. Barbell Rows or Row Machine 5x10
3. Dumbbell Military Press or Barbell Overhead Press 5x10
4. Chinups or Lat Pulldowns w/ Supinated grip 5x10
5. Arm Superset 1: (30s rest between sets)
 - a. Barbell Curl 4x12
 - b. Tricep Pushdowns (Straight bar) 4x12
6. Superset 2: (30s rest between sets)
 - a. Lateral Raises 4x12
 - b. Overhead Dumbbell Tricep Extension 4x12
7. Hammer Curl 3x12

Notes:

-5x10 seems boring, but high volume for compound movements is ideal.

-Since this is bodybuilding, the key is to eat more than normal and to apply bodybuilding principles to your training

-Spend 3 seconds on the negative portion of the movement (when you're slowing the weight) and 1 second exploding on the contraction portion of the movement. You can add an optional pause for 1 second when you want (bottom of the bench, top of the bicep curl, bottom of the tricep pushdown, etc.)

-Weights are probably going to be lowered a bit because the rest intervals are shorter (60-90s).

-Each week or workout try to add 5 lbs to the bench/row/overhead press if you can. Add a rep or 5-10lbs for the chinups each workout too.

Lower:

1. Barbell Back Squat: 6x8 OR Deadlift 6x4
2. Barbell Front Squat: 3x12
3. Single Legged Lunge: 3x7
4. Single Leg Box Jumps: 5x2