

This is a superset Upper/Lower Routine. Good if you're low on time.

UPPER:

Superset:

Flat Barbell Bench: 4x8

Chinup: 4x8

Superset:

Barbell Overhead Press: 4x8

Weighted Wide-grip Pullup: 4x8

Superset:

Incline Dumbbell Bench: 3x12

Dumbbell Bent Over Row: 3x12

Superset:

Dips: 3x12

Chinups: 3x12

LOWER:

Barbell Back Squat: 5x5

Front Squat: 4x8

Dumbbell Lunges: 5x7

-For the dumbbell lunges, you can hold one dumbbell in a goblet position or have one in each hand, arms hanging by your sides. Do 7 reps on one side (so stepping out into the lunge, then stepping back so your feet are together counts as 1 rep) before switching to the other side.