

- **Incline Barbell Press** – 4 sets × 8-10 reps
- **Flat Dumbbell Press** – 4 sets × 10-12 reps
- **Dumbbell Flys (Incline or Flat)** – 3 sets × 12-15 reps
- **Dips (Bodyweight or Assisted, Triceps Focused)** – 3 sets × 10-12 reps
- **Skull Crushers (EZ Bar or Dumbbells)** – 3 sets × 10-12 reps
- **Single-Arm Triceps Pushdowns (Cable)** – 3 sets × 12-15 reps
- **Push-Ups (Burnout Set)** – 3 sets × failure

## BACK BICEPS

- 1 Deadlifts** – 4 sets × 5 reps (Strength)
- 2 Pull-Ups (Assisted or Weighted)** – 3 sets × 6-8 reps
- 3 Bent-Over Barbell Rows** – 4 sets × 8-10 reps
- 4 Lat Pulldown (Wide Grip or Neutral)** – 3 sets × 10-12 reps
- 5 Seated Cable Rows (Close Grip or Wide Grip)** – 3 sets × 10-12 reps

### Biceps (Secondary Focus)

- 6 Barbell or Dumbbell Curl** – 3 sets × 10-12 reps
- 7 Hammer Curls (Dumbbell or Rope)** – 3 sets × 12 reps
- 8 Concentration Curl or Preacher Curl** – 3 sets × 12-15 reps

## Shoulders

- 1 Overhead Barbell Press (Standing or Seated)** – 4 sets × 5-6 reps
- 2 Arnold Press (Dumbbells)** – 3 sets × 8-10 reps
- 3 Face Pulls (Rear Delts & Traps)** – 3 sets × 12-15 reps

### Isolation Movements (Hypertrophy & Detail Work)

- 4 Lateral Raises (Dumbbells or Cable) – 3 sets × 12-15 reps**
- 5 Rear Delt Flys (Dumbbells or Reverse Pec Deck Machine) – 3 sets × 12-15 reps**
- 6 Front Raises (Dumbbells or Plate) – 3 sets × 10-12 reps**

## **Chest and back**

- 1 Flat Barbell Bench Press – 4 sets × 5-6 reps**
- 2 Weighted Pull-Ups (or Lat Pulldown) – 4 sets × 6-8 reps**
- 3 Incline Dumbbell Press – 3 sets × 8-10 reps**
- 4 Bent-Over Barbell Rows – 3 sets × 8-10 reps**

## **Hypertrophy & Isolation Movements**

- 5 Seated Cable Rows (Close or Wide Grip) – 3 sets × 10-12 reps**
- 6 Cable Chest Flys (or Pec Deck Machine) – 3 sets × 12-15 reps**
- 7 Dumbbell Pullover (Targets Chest & Lats) – 3 sets × 10-12 reps**

## **Leg and arms**

- 1 Barbell Squats – 4 sets × 5-6 reps (Strength)**
- 2 Romanian Deadlifts (RDLs) – 3 sets × 8-10 reps (Hamstring Focus)**
- 3 Leg Press – 3 sets × 10-12 reps**
- 4 Seated Leg Curls OR Lying Leg Curls – 3 sets × 12-15 reps**
- 5 Standing Calf Raises – 3 sets × 15-20 reps**
- 6 Seated Calf Raises – 3 sets × 12-15 reps**

## **Arms (Hypertrophy & Definition)**

- 7 Barbell or Dumbbell Curls – 3 sets × 8-10 reps (Biceps)**

**8 Hammer Curls (Dumbbell or Rope Cable) – 3 sets × 10-12 reps (Biceps & Forearms)**

**9 Close-Grip Bench Press – 3 sets × 8-10 reps (Triceps)**

**10 Overhead Triceps Extension (Dumbbell or Rope Cable) – 3 sets × 10-12 reps**