

Work out 1 (Body)

Standing overhead press

DB lateral raises

Incline DB press

Barbell bench press

Deadlift

Pull-ups

Chin-ups

Incline dumbbell curl

Dips

Skull crush

Workout 2 (Body)

Reverse pec deck

Standing face pull

Push-up

Cable crossovers (high to low)

Chest supported row

Lat pulldowns

Concentration curl

Reverse EZ bar curl

Cable pushdown bar (not rope)

Triangle push ups

Leg Forearm and abs

Standing Wrist curl (superset) Standing wrist extension

Front squats

Bulgarian split squats

Weighted hanging leg raises

Ab pulldowns

Cable wood choppers

Flutter kicks

Shoulder

Standing overhead press

DB lateral raises

Reverse pec deck

Standing face pull

Chest

Incline DB press

Barbell DB press

Dips

Push-up

Cable crossovers (high to low)

Back

Deadlift

Pull-ups

Chest supported row

Lat pulldowns

Scapular pull-ups (if time)

Biceps

Chin-ups

Incline dumbbell curl

Concentration curl

Reverse EZ bar curl

Triceps

Dips

Skull crush

Cable pushdown bar (not rope)

Triangle push ups

Forearm

Standing Wrist curl (superset) Standing wrist extension

Reverse curl

Legs

Front squats

Bulgarian split squats

Abs

Weighted hanging leg raises

Ab pulldowns

Cable wood choppers

Flutter kicks