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**Mon Chest, Back, Shoulders & Triceps**

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1. Bench Press 4x6-12 + Chin-ups AMRAP
  2. DB/BB Row 4x8-12 + DB/BB Overhead Press 4x6-10
  3. Skull-crushers 4x8-10 + Lateral Raises 4x12-15 + Decline Sit-ups 4x10-20
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**Tue Legs & Arms**

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1. Barbell squats 4x4-8 + Neck curls 4x15-20
  2. RDLs 4x8-12 + EZ bar curls 4x6-10
  3. Leg extensions 4x15-18 + Hammer curls 4x8-12 + Seated calf raises 4x15-20
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**Thu Chest, Back, Shoulders & Triceps**

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1. Incline DB or BB press 4x6-10 + Close grip pulldowns 4x8-15
  2. Seated cable rows 4x10-15 + Flat DB fly 4x12-15
  3. DB Skull-crushers 4x10-12 + Upright rows 4x8-10 + V sit-ups 4xAMRAP
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**Fri Legs & Arms**

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1. Deadlifts 3x3 or 3x5 + Neck curls 3x10-15
  2. Leg press 4x10-15 + Weighted chin-ups 4x4-8
  3. Pinwheel curls 4x6-12 + Leg curls 4x10-15 + Standing calf raises 4x15-20
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If you cannot superset two exercises, finish one and then the other.