

TIME TESTED

Mon **Quads, Shoulders, Lats, Pecs**

1. Barbell Squats 3x6-10
Warm-up Elbows: 100 Reps Pushdowns + Hammer Curls
2. Military Press 3x10-15 + Weighted Pull-ups 3x5
3. Weighted Dips 3x5
4. Barbell Strict Curls 3x8-12
5. DB Skullcrushers 3x8-15 + Decline Weighted Sit-ups 3x8-12

I COMMAND YOU TO GROW

Wed **Pecs, Lats, Shoulders, Biceps, Neck, Quads & Upper Back**

- Warm-up Elbows:** 100 Reps Pushdowns + Hammer Curls
1. Tempo Dips 3xAMRAP + 3xWide Grip Pull-ups 3xAMRAP
 2. DB OHP Press 3x10 + Incline DB Curls 3x8-15
 3. EZ-Bar BTN Skullcrushers 3x8-12 + Neck Curls 3x15-20
 4. Trapbar Deadlift 2x10 **OR** T-Bar Rows 3x8-12 + Leg Extentions 3x15-20

HUMAN HYDRAULIC PRESS

Fri **Pecs, Lats, Rear Delts, Abs, Biceps, Triceps, Quads & Upper Back**

- Warm-up Elbows:** 100 Reps Pushdowns + Hammer Curls
1. Close Grip Bench 3x8-12 + Weighted Chin-ups 3x6-8
 2. BTN Press 3x15 + Leg Raises 3xAMRAP
 3. EZ-Bar Preacher Curls 5x6-10 + DB French Press 5x8-12
 4. Deadlift 3x5 **OR** BB Rows 3x8-12 + Walking Lunges 3x20-30