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**Seg. Upper — Pecs, Delts, Upper Back, Lats & Abs**

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1. Bench Press 5x5 + Weighted Pull-ups 5x5
  2. Barbell OHP 3x6-10 + Barbell Rows
  3. DB Fly 3x8-12 + DB Curls 3x8-12
  4. Decline Weighted Sit-ups 3x8-12
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**Ter. Lower — Quads, Hammies, Glutes, Traps, Forearms & Neck**

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1. Front Squats 5x5 **OR** Zercher Squats 5x5
  2. Jefferson Curls 3x8-12
  3. Farmers Walks 2x30 **OR** Lunges 2x30
  4. Neck Curls 2-3x15-20
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**1 Torço — Pecs, Upper Back, Lats, Abs & Neck**

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1. Bench Press **OR** RG Bench 5x5 + Weighted Pull-ups 5x5
  2. Incline DB Press **OR** Fly Press 3-4x8-12 + DB Pullovers 3x8-12
  3. Barbell Row 3x10 (straps) + Weighted Sit-ups 3x
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**2 Arms — Delts, Forearms, Biceps, Triceps & Rear Delts**

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1. DB Overhead Press (2x4-8)
  2. Rope Pushdowns (2-4x10-15) + Hammer Curls 2-4x15-20
  2. Incline DB Curl 2-3x4-10 + Overhead Extension 2-3x8-15
  3. Ez-bar Curl 3-4x10 + Skull-crushers 3-4x10 + Rises of The Sigma 3x10
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**3 Lower — Quads, Hammies & Glutes**

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1. Conventional Deadlifts 5x5 **OR** Hack Deadlifts 5x5
  2. Zercher Squats 2-3x6-10 **OR** RDLS 2-3x8-12
  3. Seated Leg Curls 3x8-12 + Leg Extension 3x15-20
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