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MON: UPPER --- CHEST, DELTS, TRICEPS, UPPERBACK, BICEPS, NECK, ABS

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Bench Press OR Dips OR Weighted Push-ups 4x4-8 + Pullovers 4x8-12

BB/DB OHP 3x6-10 + Weighted Chin-ups 3x6-8 OR Inverse Rows AMRAP

Dia. Push-ups AMRAP + French Press 3x6-12 + Neck Curls 3x12-15 + Plank

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WED: UPPER BACK --- TRAPS, LATS, BICEPS, LOW BACK, HAMS, FOREARMS, NECK, ABS

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Barbell rows 4x6-10 OR Deadlifts 3x3 (alternate weekly) + SL calf raises

Good Morning 4x6-12 OR Pull-ups 3x5 (based on previous set) + Leg raises

Hyperextensions 4x8-12 + Sup. finger curls 4x6-10 + Neck curls 4x10-12 + DB curls 4x6-10

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FRI: UPPER ARMS --- BICEPS, TRICEPS, FOREARMS, CHEST, DELTS, LATS, NECK, ABS

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EZ Bar Curls 4x6-10 + Skull Crushers 4x10-15 + DB Rows 4x8-12

CG Bench Press 3x6-10 + Hammer Curls 4x8-12 + Larrats AMRAP

DB OHP 3x8-12 + Dec. Push-ups AMRAP + Finger Curls 3x8-15 + Neck Curls 3x15-20

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SAT: LEGS --- QUADS, HAMSTRINGS, LOW BACK, UPPER BACK, CALVES, ABS

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Deadlifts 3x5 OR Zercher, SSB squats 3x6-10 (alternate weekly) + Shrugs 3xAMRAP

Pause squats 3x4 OR Block pulls 3x8-12 (based on previous set) + Pullovers 3xAMRAP

Face-pulls 4x12-15 + Dumbbell leg raises 4x15-20 + Lateral raises 4x8-12 + Calf raises 4x10-15

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