

**Seg.** PULL 1 — UPPER BACK, LATS, TRAPS, REAR DELTS, BICEPS

1. Single Arm Cable Row 4x15-20 → 4x6-8 (lower rep ranges after one month)
2. Weighted Pull-ups 3x8-12
3. Power Shrug 3x8-12
4. DB Pullovers 3x10-12
5. THICKENATOR (Rear Delt Flies) 2-3x10-15 + Incline Curl 2-3x8-10

**Ter.** PUSH 1 — CHEST, DELTS, TRICEPS

1. Face Pulls 3x10-15
2. Deathly Dips **OR** Bench Press 2-3x8-12
3. DB Overhead Press 3-4x8-12 (Try hitting partials after 1st month)
4. Cable Crossovers (Low to high, waaay beyond failure)
5. Overhead Extension + Cable Lateral Raises

**Qua.** LEGS — QUADS, HAMMIES, LOW BACK, UPPER BACK, ABS, NECK

1. 20 Rep Squats **OR** Heavy Squats 3x6-8
2. RDLs 1x6-8, 1x10-15
3. Walking Lunges 2x20
4. DB Rows 1x8-10, 1x10-15 (Increase weight as months go by)
5. 5 *Minutes* of Cable Crunches
6. 5 *Minutes* of Neck Curls/Extensions

**Sex.** PULL 2 — LATS, UPPER BACK, SIDE DELTS, BRACHIALIS, TRAPS, STABILIZERS

1. Neutral Pulldowns **OR** Pull-ups 3x8-12
2. Barbell Rows **OR** T-bar Rows 3x8-12 (a little oomf but not crazy, let the shoulders move)
3. Heavy Partial Only Cable Lateral Raises 3x8-15 + Cable Hammer Curls 2-3x8-12
4. Farmer's Walks 2-3x30-60s
5. 15 Minutes of Hard Cardio

**Sab.** PUSH 2 —

1. Face Pulls 3x10-15
2. Down Set Push Ups **OR** Incle DB Press 2-3x8-10
3. DB Overhead Press 3-4x8-12
4. Standing V-bar Overhead Extension 8-10, 10-12 + Cable Lateral Raises 3x8-12
5. 5 *Minutes* of Neck Curls/Extensions