
1 Torço — Pecs, Upper Back, Lats, Abs & Neck

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 + Neck Curls
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2 Rise of Sigma — Delts, Forearms, Biceps, Triceps & Rear Delts

1. DB Overhead Press 3x4-8 + Incline DB Curl 2-3x4-10 + Fingering 15-20
 2. Hammer Curl 3x15-20 + 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 Trabalho Manual — Quads, Hammies & Glutes

1. Squats 2-3x20 **OR** Deadlifts 5x5 + Deadhangs
 2. RDL 2-3x6-10 **OR** Behind The Back Deadlift 5x5
 3. Seated Leg Curls 3x8-12 + Leg Extension 3x15-20
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