

Warm-Up

15 min treadmill / cross trainer

Shoulder circles, arm swings; mobility stretches if you have stiffness

Light warm-up set for first exercise

DAY 1 – PUSH (chest, shoulders, triceps)

Flat Bench Press – 3x12

Incline Dumbbell Press – 3x10–12

Seated Shoulder Press – 3x10

Lateral Raises – 3x12–15

Face Pulls / Rear flies – 3x12–15

Triceps Pushdown – 3x12–15

Bench Dips – 2 x max

DAY 2 – PULL (back, biceps)

Lat Pulldown – 3x12

Seated Cable Row – 3x10–12

One Arm Row – 3x10 each

Barbell / Cable Curl – 3x12

Hammer Curl – 2x12

DAY 3 – LEGS

Squats – 3x10–12

Leg Press – 3x12

Leg Curl – 3x12

Leg Extension – 2x12

Standing Calf Raise – 3x15–20