

WEEK 1,4

2 sets of 12 reps, resting 1-2 minutes in between each work set. Week 4 go up 5 lbs on each

2-3 warm-up sets for the first exercise of the day, and then at least 1 warm-up set for each exercise thereafter

Day 1 - Date:

Bench Press	45 Bent Over Row (prefer supinated)
DB Incline Press	Dumbbell Row (1 arm)
Dips	Shoulder Extension or Pullover Machine
Cable Crossover	
Pull-ups	

Day 3 - Date:

Squats	Rotary Calf
Deadlifts	Cable Crunch
Front Squats (str) or Leg Press (size)	Hanging Leg Raise
Leg Curl	Planks
Standing Calves	

Day 5 - Date:

Military Press	Skull Crushers
Power Dumbbell Lateral Raise	Reverse Grip Triceps Pulldown
Lateral Raise Machine	EZ Curl
Power Dumbbell Rear Delt Raise	Dumbbell Hammer Curl
Close grip Bench	EZ Reverse Curl

Notes:

WEEK 2.5

3 sets of 8 reps, resting 1-3 minutes in between each work set

Day 1 - Date:

Bench Press	45 Bent Over Row (prefer supinated)
DB Incline Press	Dumbbell Row (1 arm)
Dips	Shoulder Extension or Pullover Machine
Cable Crossover	
Pull-ups	

Day 3 - Date:

Squats	Rotary Calf
Deadlifts	Cable Crunch
Front Squats (str) or Leg Press (size)	Hanging Leg Raise
Leg Curl	Planks
Standing Calves	

Day 5 - Date:

Military Press	Skull Crushers
Power Dumbbell Lateral Raise	Reverse Grip Triceps Pulldown
Lateral Raise Machine	EZ Curl
Power Dumbbell Rear Delt Raise	Dumbbell Hammer Curl
Close grip Bench	EZ Reverse Curl

Notes:

WEEK 3.6

4 sets of 5 reps, resting 1-4 minutes in between each work set

Day 1 - Date:

Bench Press	45 Bent Over Row (prefer supinated)
DB Incline Press	Dumbbell Row (1 arm)
Dips	Shoulder Extension or Pullover Machine
Cable Crossover	
Pull-ups	

Day 3 - Date:

Squats	Rotary Calf
Deadlifts	Cable Crunch
Front Squats (str) or Leg Press (size)	Hanging Leg Raise
Leg Curl	Planks
Standing Calves	

Day 5 - Date:

Military Press	Skull Crushers
Power Dumbbell Lateral Raise	Reverse Grip Triceps Pulldown
Lateral Raise Machine	EZ Curl
Power Dumbbell Rear Delt Raise	Dumbbell Hammer Curl
Close grip Bench	EZ Reverse Curl

Notes: