

\*between each day is a rest day

## Day 1

Workout	Sets x Reps	Targeted Muscle
Bench Press	4 x 8-12 RM	Chest
Cable Triceps Pushdown	3 x 10-12 RM	Triceps
<b>DB Overhead Press</b>	4 x 8-12 RM	Shoulder
Cable Seated Rowing	4 x 8-12 RM	Back
EZ Bar Biceps Curl	3 x 10-12 RM	Biceps
Machine Leg Press	4 x 10-15 RM	Quads
Weighted Glute Bridge	3 x 8-12 RM	Gutes

## Day 3

Workout	Sets x Reps	Targeted Muscle
Barbell Back Squat	4 x 10-15 RM	Quads
Machine Leg Curl	3 x 8-12 RM	Hamstrings
Lat Pulldown	4 x 8-12 RM	Back
Chinup/ Concentration Curl	AMRAP x 3	Back and Biceps
Incline DB Bench Press	4 x 8-12 RM	Chest
DB/Cable Kickback	3 x 8-10 RM	Triceps
Dumbbell Lateral Raises	4 x 8-12 RM	Shoulder

## Day 5

Workout	Sets x Reps	Muscle Worked
Military Press	4 x 8-12 RM	Shoulder
Seated Machine Fly	4 x 8-12 RM	Chest
Barbell Bent-over Rowing	4 x 8-12 RM	Back
Barbell Upright Row	3 x 8-10 RM	Shoulder & Back
Wrist Curl	3 x 8-10 RM	Forearm
Hack Squat/DB Lunges	4 x 8-10 RM	Legs
Calf Raises	3 x 8-10 RM	Calves

## Day 7

Workout	Sets x Reps	Muscle Worked
Conventional Deadlift	4, 3, 2, 1 reps	Legs, Back
Cable Curl	4 x 8-12 RM	Back
Single-arm DB Rowing	3 x 8-12 RM	Biceps
Incline Barbell Bench Press	4 x 8-12 RM	Chest & Shoulder
Barbell/DB Skull Crusher	3 x 8-12 RM	Triceps
Face Pull	3 x 8-12 RM	Back & Shoulder
Shoulder Shrug	3 x 8-12 RM	Shoulder