

Workout routine

(Do the harder variation of the exercise on the first set then do an easier variation)

Pushups

Harder variation (to failure)

Rest 45-90 seconds

Easier variation

Rest 40-90 seconds

Decline pushups

(Same thing as regular pushups)

Tricep pushups

Harder variation (to failure)

Rest 40-90 seconds

Easier variation to failure

Rest 45-90 seconds

Pike pushups (shoulders)

Harder variation (to failure)

Rest 40-90 seconds

Easier variation to failure

Rest 45-90 seconds

Chin-ups (biceps)

Harder variation to failure

Rest 45-90 seconds

Easier variation

Rest 45-90 seconds

Pull-ups (back)

Harder variation to failure

Rest 45-90 seconds

Easier variation

Rest 45-90 seconds

Bulgarian split squats each leg to failure

(2 sets each leg)

Rest 60-120 seconds

Hold squat position with weight for
1-2 sets to failure

Knee ups 1 set to failure

Rest 30-60 seconds

Russian twists 1 set to failure

Neck curls 1 set 10-12 reps with 5-10 lbs