

Push / Pull / Legs (Day 1)

1. Incline Barbell Bench Press

4 sets X 8 - 10 reps

2. Seated Dumbbell Overhead Press

4 sets X 10 - 12 reps

3. Dumbbell Bench Press

3 sets X 10 - 12 reps

4. Incline Dumbbell Fly

3 sets X 12 - 15 reps

5. Seated Dumbbell Lateral Raise

4 sets X 12 - 15 reps

6. Dumbbell Skull Crusher, Single Arm

3 sets X 10 - 12 reps

7. Seated Dumbbell Overhead Tricep Extensions

3 sets X 8 - 10 reps

Push / Pull / Legs (Day 2)

1. Barbell Back Squat

5 sets X 6 - 8 reps

2. Barbell Romanian Deadlift

5 sets X 8 - 10 reps

3. Bodyweight Bulgarian Lunge

4 sets X 10 - 12 reps

4. Standing Calf Raise

4 sets X 10 - 12 reps

5. Crunches

4 sets X 10 - 12 reps

Push / Pull / Legs (Day 3)

1. Bent Over Barbell Row, Underhand Grip

4 sets X 8 - 10 reps

2. Inverted Row, Overhand Grip

4 sets X 10 - 12 reps

3. Flat Dumbbell Pullover

3 sets X 12 - 15 reps

4. Dumbbell Bent Over Reverse Fly

4 sets X 12 - 15 reps

5. Standing Straight Bar Barbell Curl

4 sets X 10 - 12 reps

6. Seated Dumbbell Hammer Curl

3 sets X 12 - 15 reps

Push / Pull / Legs (Day 4)

1. Barbell Back Squat

4 sets X 8 - 10 reps

2. Barbell Hip Thrust

4 sets X 10 - 12 reps

3. Barbell Romanian Deadlift

5 sets X 8 - 10 reps

4. Goblet Squat

4 sets X 15 - 20 reps

5. Standing Calf Raise, Single Leg

3 sets X 10 - 12 reps

6. Standing Dumbbell, Side Bend

4 sets X 10 - 12 reps

Push / Pull / Legs (Day 5)

1. Barbell Bench Press

4 sets X 10 - 12 reps

2. Bent Over Barbell Row, Overhand Grip

3 sets X 8 - 10 reps

3. Standing Barbell Overhead Press

3 sets X 10 - 12 reps

4. Dumbbell Upright Row

3 sets X 10 - 12 reps

5. Seated Dumbbell Overhead Tricep Extensions, Single Arm

3 sets x 10 - 12 reps

6. Standing Dumbbell Curl

3 sets X 10 - 12 reps