

Torso Limbs split for hypertrophy

Warm-ups – Would just be your standard dynamic stretching with some resistance band action for the external rotation and 10-20 secs dead hangs

Sets, Reps and how I will execute them - All sets are 2x to failure with its own muscle group pyramiding ex: 1st chest exercise 6-10 2nd 8-12 3rd 10-15 or 1-3 reps shy of failure then do the same procedure again once I will hit back. Rest would be 3 mins

Torso 1:

Flat barbell

Incline barbell

Cable fly

Pull-ups/pulldown

Bent-over barbell row

T bar row

Cable lat pullover

OHP

DB lateral raise

Pec deck rear delt

Limbs 1:

1 set of 20 reps on machine hamstring curl/leg extension as warm up

Barbell back squat

Smith machine squat

Leg press

RDL

Calf raise

Tricep dips

Long head exercise overhead extension, skull crushers or flared elbow pushdown

Bicep curl

Hammer curl

Torso 2:

Pull-ups/pulldown

Bent-over barbell row

T bar row

Cable lat pullover

Flat barbell

Incline barbell

Cable fly

OHP

DB lateral raise

Pec deck rear delt

Limbs 2:

Tricep dips

Long head exercise overhead extension, skull crushers or flared elbow pushdown

Bicep curl

Hammer curl

1 set of 20 reps on machine hamstring curl/leg extension as warm up

Barbell back squat

Smith machine squat

Leg press

RDL

Calf raise