

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Chest/Abs	Back	Biceps/ Triceps	Shoulders/ Abs	Legs	Biceps/ Triceps	Rest
Exercise 1	Dumbell Chest Press- 5 sets of 8-12	Machine Back Pulls- 4 sets of 8-12	Biceps Curls- 4 sets of 8-12	Clean and Press 10 Sets of 2	Squats 4 sets of 8-12	Biceps Curls- 4 sets of 8-12	
Exercise 2	Incline Dumbell Chest Press- 5 sets of 8-12	Barbell Rows 4 sets of 8-12	T Curls- 4 sets of 8-12	Barbell Shoulder Raises 4 sets of 8-12	Dead Lifts 5 Sets of 8-12	T Curls- 4 sets of 8-12	
Exercise 3	Incline Dumbell Close Press- 3 sets of 8-12	Lat Pull Downs Reverse Grip 3 sets of 8-12	Pause Rep Dumbell Curls Alt. Arms- 4 sets of 8-12	Dumbell Lateral Raises 5 sets of 8-12	Leg Curl 3 sets of 8-12	Pause Rep Dumbell Curls Alt. Arms- 4 sets of 8-12	
Super Set		Pull Ups Slow Release 3 sets for 60 seconds					
Exercise 4	Machine Flyes- 4 sets of 8-12	Over Head Back Pulls 4 sets of 8-12	1 Arm Decline Bicep Curl- 3 sets of max reps	Front Raises 3 Sets of 8-12	Leg Extentsions 3 sets 8-12	1 Arm Decline Bicep Curl- 3 sets of max reps	
Super Set	Side Flyes- 4 sets of 8-12		Spider Curls- 3 sets of 8-12			Spider Curls- 3 sets of 8-12	
Exercise 5	Low Cable Curls- 3 sets of 8-12	High Cable Pulls 4 sets of 8-12	Skull Crushers 4 sets of 8-12	Rear Delt Raise 4 sets of 8-12	Leg Press 5 Sets of 8-12	Skull Crushers 4 sets of 8-12	
Exercise 6	1 Arm Cable Flyes- 3 sets of 8-12	Single Arm Lat Pulls 4 sets of 8-12	Tricep Push Back 3 sets of 8-12	Front Barbell Overhead Raise 5 sets of 8-12	Lunges 3 Sets of 8-12	Tricep Push Back 3 sets of 8-12	
Super Set	Max Push Ups 3 sets						
Exercise 7	Bench Press Finisher	Lower Back Extentions 3 Sets of 8-12	Over Head Tricep Press- 4 sets of 8-12	1 Arm Shoulder Press 10 reps till failure	Calf Raises 3 sets 20 reps	Over Head Tricep Press- 4 sets of 8-12	
Exercise 8		1 Arm Row Finisher	1 Arm Cable Pull Downs- 4 sets of 8-12	Shrugs 3 sets of 20		1 Arm Cable Pull Downs- 4 sets of 8-12	
	Abs			Abs			
Exercise 9	Leg Raise 3 sets of 20		Straight Bar Cable Pull Downs- 4 sets of 8-12	Leg Raise 3 sets of 20		Straight Bar Cable Pull Downs- 4 sets of 8-12	
	Knee Raise 3 sets of 20			Knee Raise 3 sets of 20			
	Machine Sit Up 3 sets of 20			Machine Sit Up 3 sets of 20			