

Upper Body Day (Chest & Back)

Exercises	Sets	Reps	Rest	Super-Set	Duration
Barbell Bench Press	3	5 to 8	1:30 to 2min	A	4wks
Dumb-Bell Row	3	5 to 8	1:30 to 2min	A	4wks
Barbell Incline Bench Press	3	5 to 8	1:30 to 2min	B	4wks
Bent-Over Barbell Row	3	5 to 8	1:30 to 2min	B	4wks
Barbell Decline Bench Press	3	5 to 8	1:30 to 2min	C	4wks
Standing Dumb-Bell Rear Delt Fly	3	5 to 8	1:30 to 2min	C	4wks

Upper Body Day (Bicep/Shoulder/Triceps)

Exercises	Sets	Reps	Rest	Super-Set	Duration
Barbell Overhead Press	3	5 to 8	1:30 to 2min	A	4wks
Seated Hammer Curls	3	5 to 8	1:30 to 2min	A	4wks
Seated Back Support Arnold Shoulder Press	3	5 to 8	1:30 to 2min	B	4wks
Single Dumb-Bell Overhead Triceps Extension	3	5 to 8	1:30 to 2min	B	4wks
Dumb-Bell Lateral Shoulder Raises	3	5 to 8	1:30 to 2min	C	4wks
Standing Barbell Curls	3	5 to 8	1:30 to 2min	C	4wks

Lower Body Day

Exercises	Sets	Reps	Rest	Super-Set	Duration
Squat	3	5 to 8	1:30 to 2min	None	4wks
Deadlift	3	5 to 8	1:30 to 2min	None	4wks
Stationary Lunges	3	5 to 8	1:30 to 2min	B	4wks
Barbell Hip Thrust	3	5 to 8	1:30 to 2min	B	4wks
Goblet Squat	3	5 to 8	1:30 to 2min	C	4wks
Dumb-Bell Side Lunges	3	5 to 8	1:30 to 2min	C	4wks