



MONDAY - Chest and Triceps			Tuesday - Shoulders			WEDNESDAY - Calves and Abs			THURSDAY - Back and Biceps			FRIDAY- Legs		
Activity	Reps	Sets	Activity	Reps	Sets	Activity	Reps	Sets	Activity	Reps	Sets	Activity	Reps	Sets
Dumbbell Bench Press	6-10 Reps	4	Smith-Machine Overhead Press	8-10 Reps	5	Standing Calf Raise	12-15 Reps	6	Reverse-Grip Pull - Down	8-10 Reps	4	Leg Extension	8-10 Reps	5
Dumbbell Fly	8-10 Reps	4	Machine Shoulder Press	8-10 Reps	4	Donkey Calf Raise	18-20 Reps	4	Wide-Grip Lat Pull-Down	8-10 Reps	4	Leg Press	8-10 Reps	5
Incline Cable Fly	8-10 Reps	4	Side Lateral Raise	8-10 Reps	4	Hanging Leg Raise	20 Reps	4	One-Arm Dumbbell Row	8-10 Reps	4	Standing Single Leg Curl	20 Reps	5
Cable Crossover	8-10 Reps	4	Dumbbell Shrug	8-10 Reps	4				Romanian Deadlift	16 Reps	4	Hack Squat	8-10 Reps	5
Reverse-Grip Triceps Push Down	8-10 Reps	4	Reverse Machine Fly	12-15 Reps	7				Hammer Curl	18-20 Reps	4	Dumbbell Walking Lunges	20 Reps	5
Lying Triceps Extension	8-10 Reps	4							Machine Preacher Curl	8-10 Reps	4			
EZ-Bar Skullcrusher	8-10 Reps	4							EZ-Bar Curl	8-10 Reps	4			