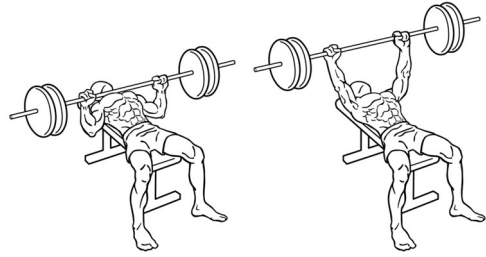


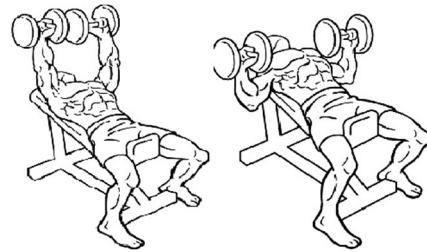
Day 1 (Chest & Biceps):

Chest(4 of 4):

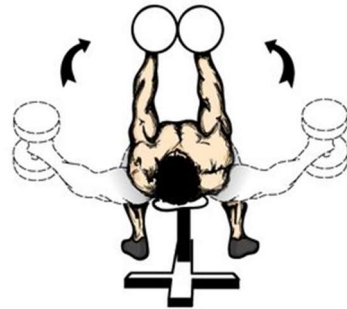
- Bench press (3 sets x 8-12 reps + 1 set drop);



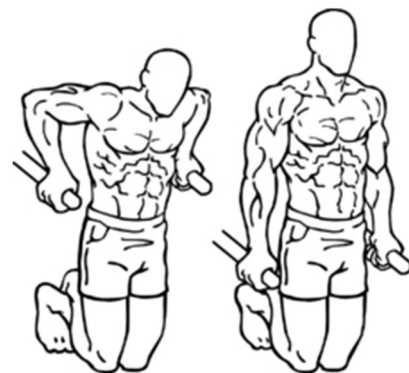
- Incline dumbbell chest press (3 sets x 8-12 reps + 1 set drop);



- Dumbbell chest flies (3 sets x 12 reps + 1 set drop);

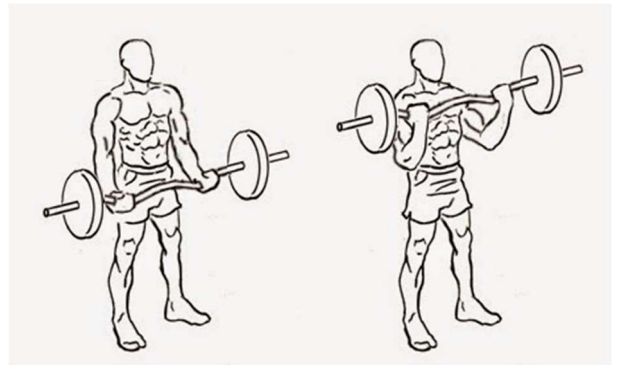


- Chest dips (3 x failure);



Biceps(2 of 3)

- Barbell curls (3 sets x 8-12 reps + 1 set drop);



- Hammer curls (3 sets x 8-12 reps + 1 set drop);



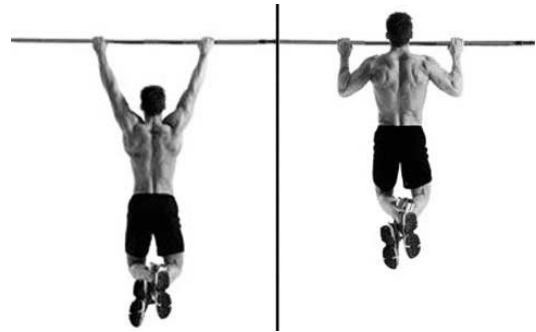
- Biceps curls (3 sets x 12 reps + 1 set drop)



Day 2 (Back & Triceps):

Back(4 of 4):

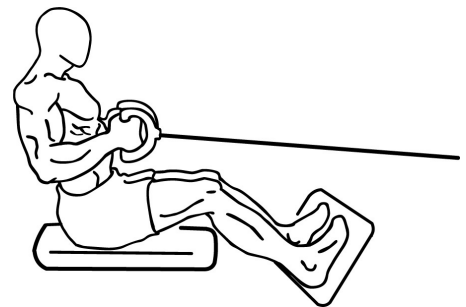
- Back pull-ups (3 sets x 8-12 reps + 1 set drop)
;



- Machine pull-downs (3 sets x 8-12 reps + 1 set drop);



- Seated cable rows (3 sets x 8-12 reps + 1 set drop);



- T-bar (3 sets x 10 reps + 1 set drop); v

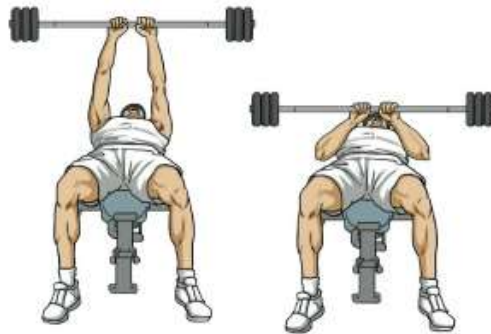


Triceps(2 of 3):

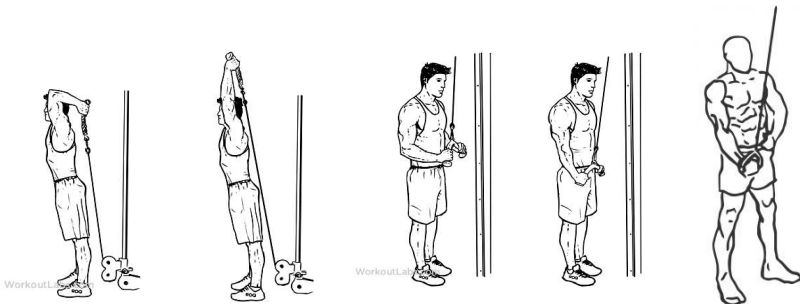
- Bench dips (3 sets x 20reps + 1 set drop);



- Close benchpress grip (3 sets x 10 reps + 1 set drop);

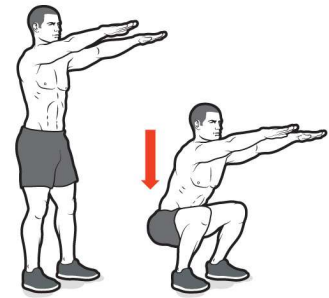


- Triceps cable extension (3 sets x 12 reps + 1 set drop);



Day 3 (Legs & Shoulders):
Legs(4 of 6):

- Squats (6 sets x 10 reps);



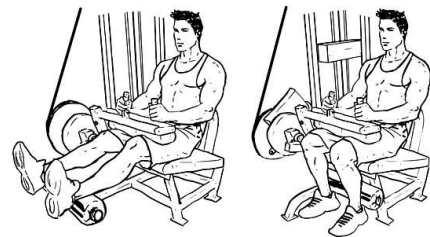
- Leg extensions (6 sets x 12 reps);



- Leg press (6 sets x 12 reps);

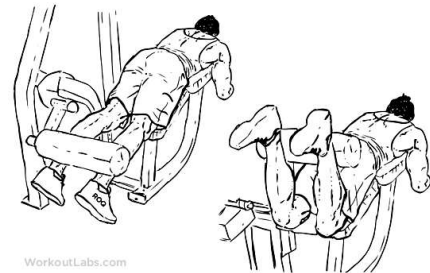


- Leg curls (6 sets x 12 reps);



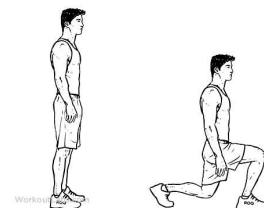
WorkoutLabs.com

- Lying leg curls (6 sets x 12 reps);



WorkoutLabs.com

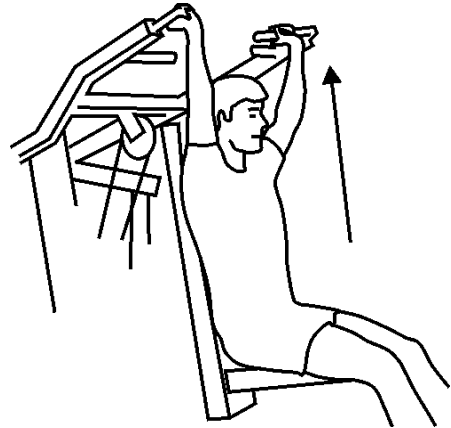
- Walking lunges 3 sets x 20 reps);



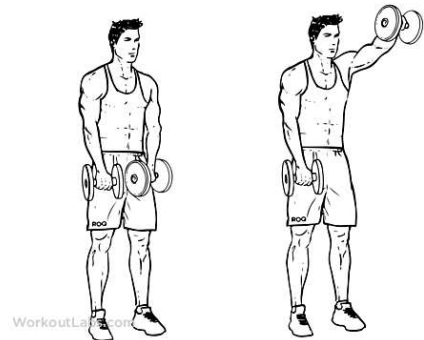
WorkoutLabs.com

Shoulders(2-3 of 5):

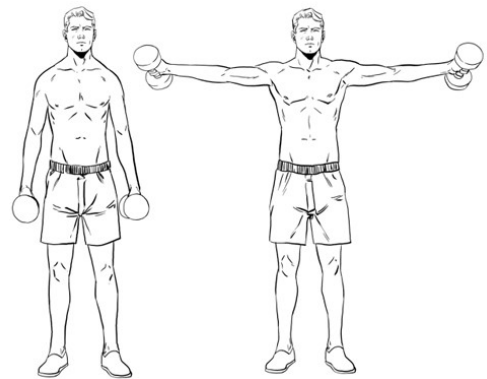
- Shoulder press (3 sets x 8-12 reps);



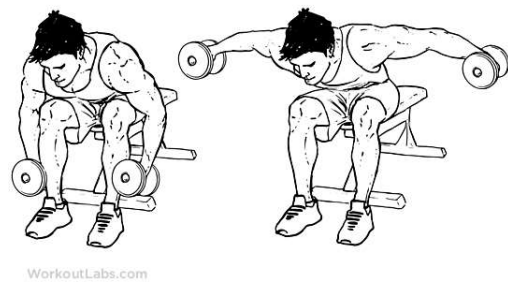
- Front lateral rises (3 sets x 10 reps);



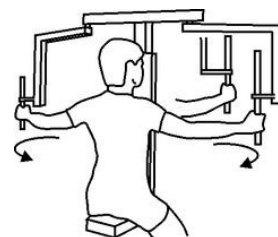
- Side lateral rises (3 sets x 10 reps);



- Dumbbell Rear-Delt Raise (3 sets x 12 reps);



- Reverse Pec Deck (3 sets x 15 reps);



Day 4 - Repeat Day 1

Day 5 - Repeat Day 2

Day 6 - Repeat Day 3

Day 7 - Rest

Everyday - Abs:

- 10 minutes class;

OR

- Plank (6 sets x 45 seconds);
- Ab crunches (10 sets x 25 reps);
- Leg raises (10 sets x 25 reps);