

## **DAY 1: PUSH DAY A (Chest Dominant)**

Warm-Up: 3-5 minutes on a cardio machine (air bike, treadmill, rower, etc.).

1. Incline Dumbbell Press - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
2. Flat Bench Press - 3 sets x 10 reps (Rest: 45 sec, Tempo: 2:1:2)
3. Machine Press - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
4. Press Ups - 1 set to failure (Rest: 45 sec, Tempo: 2:1:2)
5. Fly Machine - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
6. Lateral Raises - 4 sets to failure (Rest: 45 sec, Tempo: 2:1:2)
7. Wide-Grip Extensions - 3 sets x 8-12 reps (Rest: 45 sec, Tempo: 2:1:2)
8. Overhead Tricep Extensions - 3 sets x 8-15 reps (Rest: 45 sec, Tempo: 2:1:2)
9. Tricep Pushdowns - 2 sets x 8-15 reps (Rest: 45 sec, Tempo: 2:1:2)

Finisher: 20-minute treadmill run.

Abs: Hanging Leg Raises - 3 sets x 15-20 reps; Cable Crunches - 3 sets to failure.

## **DAY 2: PULL DAY A (Back, Biceps)**

Warm-Up: 3-5 minutes on a cardio machine (air bike, treadmill, rower, etc.).

1. Lat Pulldown (Cable) - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
2. Seated Row - 3 sets x 10 reps (Rest: 45 sec, Tempo: 2:1:2)
3. Single-Arm Cable Rows - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
4. Cable Pullovers - 1 set x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
5. Rear Delt Flies - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
6. Cable Curls - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
7. Dumbbell Hammer Curls - 2 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
8. Bicep Curl Machine - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)

Finisher: 20-minute treadmill run.

## **DAY 3: LEG DAY A (Quad Dominant)**

Warm-Up: 3-5 minutes on a cardio machine (air bike, treadmill, rower, etc.).

1. Linear Leg Press - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
2. Dumbbell Lunges - 3 sets x 10 reps per leg (Rest: 45 sec, Tempo: 2:1:2)
3. Leg Extensions (Machine) - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
4. Calf Raises - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
5. Leg Curl (Machine) - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)

Finisher: Decline bench sit-ups - 3 sets x 12 reps.

## **DAY 4: PUSH DAY B (Shoulder Dominant)**

Warm-Up: 3-5 minutes on a cardio machine (air bike, treadmill, rower, etc.).

1. Weighted Dips - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
2. Shoulder Press - 3 sets x 10-12 reps (Rest: 45 sec, Tempo: 2:1:2)
3. Cable Lateral Raises - 3 sets x 10 reps (Rest: 45 sec, Tempo: 2:1:2)
4. Machine Chest Press - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
5. Pec Fly - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
6. Tricep Pushdowns - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)

Finisher: Decline bench sit-ups - 3 sets x 12 reps.

## **DAY 5: PULL DAY B (Back Width)**

Warm-Up: 3-5 minutes on a cardio machine (air bike, treadmill, rower, etc.).

1. Weighted Pull-Ups - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
2. T-Bar Rows - 3 sets x 10-12 reps (Rest: 45 sec, Tempo: 2:1:2)
3. Lat Pulldown - 3 sets x 10 reps (Rest: 45 sec, Tempo: 2:1:2)
4. Cable Pullovers - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
5. Rear Delt Flies - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
6. Rope Curls - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
7. Cable Curls - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)

Finisher: Decline bench sit-ups - 3 sets x 12 reps.

## **DAY 6: LEG DAY B (Hamstring Focused)**

Warm-Up: 3-5 minutes on a cardio machine (air bike, treadmill, rower, etc.).

1. Stiff-Leg Deadlifts - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
2. Hack Squat - 3 sets x 10-12 reps (Rest: 45 sec, Tempo: 2:1:2)
3. Hamstring Curls - 3 sets x 10 reps (Rest: 45 sec, Tempo: 2:1:2)
4. Quad Extensions - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
5. Hip Thrusts - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)
6. Calf Raises - 3 sets x 12 reps (Rest: 45 sec, Tempo: 2:1:2)

Finisher: Decline bench sit-ups - 3 sets x 12 reps.