Date Created: May 21, 2019

TRAINING (Week 1-4)



CHEST DAY (Monday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest between sets	Cable Flies (squeeze handles to eye level) super set with Cable flies (squeeze handles to groin level)	4 working sets	(Handles squeezed to eye level) 12 reps (Handles squeezed to groin level) 12 reps	Have cables locked in at mid chest level. 12 reps squeezing handles to eye level followed by 12 reps squeezing handles down to groin level
90 second rest between sets	Bench Press	1 warm up set 4 working sets	(Warm up) 20 reps (Working sets) 4-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
90 second rest between sets	Incline dumbbell press super set with incline dumbbell flies	4 sets	(Incline dumbbell press) 6-12 reps (Incline dumbbell flies) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second rest between sets	Dips (Assisted or weighted)	4 sets	(Working sets) 10-20 reps	
60 second rest between sets	Flat machine chest press on a machine	4 sets	(Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second between sets	Peck deck	4 sets	(Working sets) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

⁻² minute rest between each exercise

BACK DAY (Tuesday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest	Lat-Pulldown with	1 warm up set	(Warm up)	Work from lighter
between sets	straight bar	4 working sets	20 reps	weight (higher rep
	attachment		(Working Sets)	range) to heavier
			6-12 reps	weight (lower rep
				range)
45 second rest	Reverse Grip Lat-	1 warm up set	(Warm up)	Work from lighter
between sets	Pulldown with	4 working sets	20 reps	weight (higher rep
	straight bar		(Working sets)	range) to heavier
	attachment		6-12 reps	weight (lower rep
				range)
120 second rest	T-bar rows with v-	1 warm up set	(Warm up)	Work from lighter
between sets	bar attachment	4 working sets	20 reps	weight (higher rep
			(Working sets)	range) to heavier
			4-12 reps	weight (lower rep
			~	range)
60 second rest	Dumbbell rows	4 sets	(Working sets)	Work from lighter
between sets	(one arm at a time)		6-12 reps each arm	weight (higher rep
				range) to heavier
				weight (lower rep
			(**** 1.	range)
60 second rest	Reverse grip cable	4 sets	(Working sets)	Work from lighter
between sets	rows with straight		6-12 reps	weight (higher rep
	bar attachment			range) to heavier
				weight (lower rep
00 1	C-1.1. D-11.	4	(C-1.111)	range)
90 second rest	Cable Pullovers	4 sets	(Cable pullovers)	Work from lighter
between sets	superset with pull-		10-20 reps	weight (higher rep
	ups (any variation)		(Pull-ups) Until Failure	range) to heavier
			Until Failure	weight (lower rep
				range)

⁻² minute rest between each exercise

LEG DAY (Wednesday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest	Leg extensions	1 warm up set	(Warm up)	Work from lighter
between sets		4 working sets	30 reps (Working Sets)	weight (higher rep range) to heavier
			10-20 reps	weight (lower rep
			10 20 15ps	range)
45 second rest	Laying leg curls	1 warm up set	(Warm up)	Work from lighter
between sets		4 working sets	25 reps	weight (higher rep
			(Working sets)	range) to heavier
			10-20 reps	weight (lower rep
				range)
120 second rest	Back Squats	1 warm up set	(Warm up)	Work from lighter
between sets		4 working sets	25 reps	weight (higher rep
			(Working Sets)	range) to heavier
			4-12 reps	weight (lower rep
90 second rest	Hack Squats	4 sets	(Working sets)	range) Work from lighter
between sets	Hack Squais	4 8018	6-12 reps	weight (higher rep
octween sets			0-12 leps	range) to heavier
				weight (lower rep
				range) FEET CLOSE
				TOGETHER/HEELS
				TOUCHING
90 second rest	Stationary Lunges	4 sets	(Working sets)	Work from lighter
between sets	with dumbbells		6-12 reps each leg	weight (higher rep
				range) to heavier
				weight (lower rep
				range) ONE LEG AT
00			(2 11 1)	A TIME
90 second rest	Seated leg curls	4 sets	(Seated leg curls)	Work from lighter
between sets	super set with hip		10-20 reps	weight (higher rep
	abductions		(Hip abductions) 10-20 reps	range) to heavier
			10-20 reps	weight (lower rep
	1			range)

⁻² minute rest between each exercise

SHOULDER DAY (Thursday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest	Side laterals with	1 warm up set	(Warm up)	Work from lighter
between sets	dumbbells	4 working sets	30 reps (Working Sets)	weight (higher rep range) to heavier
			10-20 reps	weight (lower rep
45 1 4	F (D : :4	4 1:	(W. 1:	range)
45 second rest	Front Raises with dumbbells	4 working sets	(Working sets)	Work from lighter
between sets	dumbbells		6-12 reps	weight (higher rep range) to heavier
				weight (lower rep
				range)
120 second rest	Shoulder Press	1 warm up set	(Warm up)	Work from lighter
between sets	with Barbell	4 working sets	20 reps	weight (higher rep
			(Working sets)	range) to heavier
			6-12 reps	weight (lower rep
			1	range)
90 seconds	Reverse peck deck	4 sets	(Reverse peck	Work from lighter
between sets	super set with bent		deck)	weight (higher rep
	over rows with		10-20 reps	range) to heavier
	barbell (Elbows		(Bent over barbell	weight (lower rep
	flared out,		rows)	range)
	focusing on		10-20 reps	
	pulling with rear delt)			
60 second rest	Cable side laterals	4 sets	(Working sets)	Work from lighter
between sets	(starting from	7 5065	6-12 reps each arm	weight (higher rep
Servicen sets	behind the back)		o 12 reps each aim	range) to heavier
				weight (lower rep
				range) one arm at a
				time

⁻² minute rest between each exercise

ABDOMINAL DAY (Friday)

Rest Period	Exercise	Sets	Reps	Notes
30 second rest between sets	Crunches Super Set with Oblique Crunches	4 sets	(Crunches) 20 reps (Oblique Crunches) 10 reps each oblique	Laying on floor/mat
45 second rest between sets	Hanging Leg raises (feet together) Super Set with Hanging Scissor Kicks	4 sets	(Hanging Leg Raises) 20 reps (Hanging Oblique Raises) 5 rep each oblique	
1 minute	Weighted Abdominal Crunch machine	4 sets	25 reps	
1 minute	Weighted Oblique Crunches	4 sets	15 reps each side	
1 minute	Mountain Climbers super set with planks	4 sets	Mountain Climbers for 20 sec/plank for 40se	

⁻¹ minute 30-second rest between each exercise

ARM DAY (Sunday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest	Triceps Extension	1 warm up set	(Warm up)	Work from lighter
between sets	with rope	4 working sets	30 reps	weight (higher rep
	attachment		(Working Sets)	range) to heavier
			6-12 reps	weight (lower rep
45 second rest	Cable Curls with	1 warm up set	(Warm up)	range) Work from lighter
between sets	straight bar	4 working sets	30 reps	weight (higher rep
between sets	attachment	4 Working sets	(Working sets)	range) to heavier
	uttuemment		6-12 reps	weight (lower rep
			0 12 19ps	range)
90 second rest	Skull Crushers	4 sets	(Skull crushers)	Work from lighter
between sets	with barbell		6-12 reps	weight (higher rep
	superset with		(Barbell Curls)	range) to heavier
	barbell curls		6-12 reps	weight (lower rep
				range)
60 second rest	Hammer curls with	4 sets	(Working sets)	Work from lighter
between sets	dumbbells		6-12 reps each arm	weight (higher rep
				range) to heavier
				weight (lower rep
60 second rest	D	44	(W. 1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-	range)
between sets	Reverse grip triceps extension	4 sets	(Working sets) 6-12 reps	Work from lighter weight (higher rep
between sets	with straight bar		0-12 Teps	range) to heavier
	attachment			weight (lower rep
	(supinated hand			range)
	grip)			Tunge)
45 second rest	Preacher curls	4 sets	(Working sets)	Work from lighter
between sets			10-20 reps	weight (higher rep
				range) to heavier
				weight (lower rep
				range)
60 second rests	Dips	4 sets	Until Failure	
between sets				

⁻² minute rest between each exercise

USE A WEIGHT IN WHICH YOU REACH MUSCLE FAILURE WITHIN THE GIVEN REP RANGES PROVIDED FOR EVERY SET/EXERCISE *TERMS:

Super set:

-Quickly move from one exercise to a different exercise without taking a break for rest in between the exercises

Drop set:

- -To continue an exercise with a lower weight once muscle failure has been reached at a higher weight **Supinated Hand Grip:**
- -Palms facing upward or facing towards the body

Pronated Hand Grips:

-Palms facing downward or away from the body

TRAINING (Week 4-8)



CHEST DAY (Monday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest	Cable Flies	4 working sets	(Handles squeezed	Have cables locked
between sets	(squeeze handles		to mid chest level)	in at head level. 12
	to mid chest level)		12 reps	reps squeezing
	super set with		(Handles squeezed	handles to mid
	Cable flies		to groin level)	chest level
	(squeeze handles		12 reps	followed by 12
	to groin level)			reps squeezing handles down to
				groin level
90 second rest	Decline Bench	1 warm up set	(Warm up)	Work from lighter
between sets	Press	4 working sets	20 reps	weight (higher rep
between sets	11033	4 Working Sets	(Working sets)	range) to heavier
			4-12 reps	weight (lower rep
			·	range)
90 second rest	Decline dumbbell	4 sets	(Decline dumbbell	Work from lighter
between sets	press super set		press)	weight (higher rep
	with Decline		6-12 reps	range) to heavier
	dumbbell flies		(Decline dumbbell	weight (lower rep
			flies)	range)
			6-12 reps	
45 second rest	Dips	4 sets	(Working sets)	
between sets	(Assisted or		10-20 reps	
(0)	weighted)	4 .	(TT 1 !	TT7 1 0 11 1
60 second rest	Flat machine chest	4 sets	(Working sets)	Work from lighter
between sets	press on a machine		6-12 reps	weight (higher rep
				range) to heavier
				weight (lower rep
45 second between	Peck deck	4 sets	(Working sets)	range) Work from lighter
sets	1 cox door	7 5065	10-20 reps	weight (higher rep
5015			10 20 10ps	range) to heavier
				weight (lower rep
				range)

⁻² minute rest between each exercise

BACK DAY (Tuesday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest	Wide Grip Pull-	4 working sets	(Working Sets)	If Using Assisted
between sets	Ups (Pronated		Until Failure	Pull-Up Machine
	Hand Grip)			aim for 20reps
45 second rest	Narrow Grip Pull-	4 working sets	(Working sets)	If Using Assisted
between sets	Ups (Supinated		Until Failure	Pull-Up Machine
	Hand Grip)			aim for 20reps
60 second rest	Cable Rows with	1 warm up set	(Warm up)	Work from lighter
between sets	V-Bar Attachment	4 working sets	20 reps	weight (higher rep
			(Working sets)	range) to heavier
			6-12 reps	weight (lower rep
				range)
60 second rest	Barbell Rows	4 sets	(Working sets)	Work from lighter
between sets	(supinated hand		6-12 reps	weight (higher rep
	grip)			range) to heavier
				weight (lower rep
				range)
60 second rest	Lat Pull-Down	4 sets	(Working sets)	Work from lighter
between sets	with V-Bar		6-12 reps then	weight (higher rep
	Attachment		drop to half the	range) to heavier
	(DROP SET)		weight used and go	weight (lower rep
			until failure	range)
45 second rest	Dumbbell	4 sets	(Dumbell	Work from lighter
between sets	Pullovers		pullovers)	weight (higher rep
			10-20 reps	range) to heavier
				weight (lower rep
				range)

⁻² minute rest between each exercise

LEG DAY (Wednesday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest between sets	Leg extensions (one leg at a time)	1 warm up set 4 working sets	(Warm up) 20 reps *each leg (Working Sets) 12 reps *each leg	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	Front Squats on Smith Machine	1 warm up set 4 working sets	(Warm up) 20 reps (Working sets) 8-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	Back Squats on Smith machine (feet close together/heels touching)	1 warm up set 4 working sets	(Warm up) 20 reps (Working Sets) 20-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Leg Press (one leg at a time)	4 sets	(Working sets) 10-20 reps each leg	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Leg extensions (feet close together/heels touching) Superset with Stiff legged deadlifts with dumbbells	4 sets	(Leg extensions) 12-20 reps (Stiff Legged Deadlifts) 12-20reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second rest between sets	Hip abductions	4 sets	(Hip abductions) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

⁻² minute rest between each exercise

SHOULDER DAY (Thursday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest between sets	Side laterals Cables	1 warm up set 4 working sets	(Warm up) 20 reps	Work from lighter weight (higher rep
		8	(Working Sets) 10-20 reps	range) to heavier weight (lower rep range)
60 second rest between sets	Shoulder Press with Dumbbells	1 warm up set 4 working sets	(Warm Up) 20 reps (Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Cable front raises with straight bar attachment (Drop Set)	4 working sets	(Working sets) 6-12 reps until failure then drop set to half the weight and continue again to failure	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Rear lateral flies with dumbbells (Squeeze and pull with rear deltoids)	4 working sets	(Working sets) 8-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Reverse Peck deck superset (rear deltoids) with side laterals with dumbbells	4 sets	(Reverse peck deck) 8-12 reps (Side laterals) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range) one arm at a time

⁻² minute rest between each exercise

ABDOMINAL DAY (Friday)

Rest Period	Exercise	Sets	Reps	Notes
30 second rest	Hanging Leg	4 sets	(Working Sets)	
between sets	Raises		Until Failure	
60 second rest	Windshield Wipers	4 sets	(Windshield	
between sets	Superset with		wipers)	
	Scissor Kicks		Until Failure	
			(Scissor Kicks)	
			as fast as possible	
			for 10 sec	
45 seconds	Oblique Crunches	4 sets	20 reps each side	Laying on a
	(one side at a time)			mat/floor
45 seconds	Weighted Trunk	4 sets	20 reps each side	
	Twists			
1 minute	Weighted	4 sets	(Weighted	
	abdominal		abdominal	
	crunches superset		crunches)	
	with weighted		10-20 reps	
	oblique crunches		(Weighted oblique	
			crunches)	
			10-20 reps each	
			oblique	

⁻¹ minute 30-second rest between each exercise

ARM DAY (Sunday)

Rest Period	Exercise	Sets	Reps	Notes
60 second rest	Close Grip Bench	1 warm up set	(Warm up)	Work from lighter
between sets	Press	4 working sets	20 reps	weight (higher rep
			(Working Sets)	range) to heavier
			6-12 reps	weight (lower rep
				range)
60 second rest	Dips Superset with	1 warm up set	(Dips)	Work from lighter
between sets	Overhead triceps	4 working sets	Failure	weight (higher rep
	extensions with		(Overhead triceps	range) to heavier
	dumbbells		extensions)	weight (lower rep
			6-12 reps	range)
45 second rest	Triceps extensions	4 sets	(Warm up)	Work from lighter
between sets	on cables with		20 reps	weight (higher rep
	rope attachment		(Barbell Curls)	range) to heavier
			6-12 reps	weight (lower rep
				range)
45 second rest	Seated Alternating	4 sets	(Warm up)	Work from lighter
between sets	Dumbbell Curls		30 reps between	weight (higher rep
			both arms	range) to heavier
			(Working Sets)	weight (lower rep
			12-24 reps	range)
45 second rest	Reverse grip	4 sets	(Working sets)	Work from lighter
between sets	Barbell Curls		6-12 reps	weight (higher rep
				range) to heavier
				weight (lower rep
			(**** 1.1	range)
60 second rest	Cable curls (one	4 sets	(Working sets)	Work from lighter
between sets	arm at a time)		10-20 reps each	weight (higher rep
			arm	range) to heavier
				weight (lower rep
			(61 6 1	range)
60 second rests	Close Grip Barbell	4 sets	(Close Grip	Work from lighter
between sets	Curls Superset		Barbell Curls)	weight (higher rep
	with Close Grip		6-12 reps	range) to heavier
	Pull Ups		(Close Grip Pull	weight (lower rep
			Ups)	range)
			Until Failure	

⁻² minute rest between each exercise

USE A WEIGHT IN WHICH YOU REACH MUSCLE FAILURE WITHIN THE GIVEN REP RANGES PROVIDED FOR EVERY SET/EXERCISE *TERMS:

Super set:

-Quickly move from one exercise to a different exercise without taking a break for rest in between the exercises

Drop set:

- -To continue an exercise with a lower weight once muscle failure has been reached at a higher weight **Supinated Hand Grip:**
- -Palms facing upward or facing towards the body

Pronated Hand Grips:

-Palms facing downward or away from the body

TRAINING (Week 8-12)



CHEST DAY (Monday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest between sets	Peck Deck	4 working sets	(Handles squeezed to eye level) 12-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
90 second rest between sets	Incline Bench Press	1 warm up set 4 working sets	(Warm up) 20 reps (Working sets) 4-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
90 second rest between sets	Incline dumbbell press super set with Incline dumbbell flies	4 sets	(Incline dumbbell press) 6-12 reps (Incline dumbbell flies) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Unilateral Cable Flies	4 sets	(Working sets) 10-15 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range) 10-15reps on one arm then 10-15reps on the other arm=one set
45 second rest between sets	Incline Cable Flies Laying On Incline Bench	4 sets	(Working sets) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

⁻² minute rest between each exercise

BACK DAY (Tuesday)

Rest Period	Exercise	Sets	Reps	Notes
60 second rest between sets	Single Arm Cable Rows (one arm at a time)	4 working sets	(Working Sets) 10-20 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	Single Arm Dumbbell Rows	1 warm up set 4 working sets	(Warm up) 20 reps each arm (Working sets) 6-12 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	Reverse Grip Barbell Rows (Supinated Hand Grip)	4 working sets	(Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range) Keep hands shoulder width apart
60 second rest between sets	Lat pull downs Drop set to half the weight used (Pronated Hand Grip)	4 sets	(Working sets) 10-15 reps then drop set to half the weight previously used and rep until failure	Work from lighter weight (higher rep range) to heavier weight (lower rep range) Keep hands slightly wider than shoulder width apart
45 second rest between sets	Dumbbell Pullovers	4 sets	(Working sets) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range) Focus on squeezing the lats to move the weight
60 second rest between sets	Wide Grip Pull- ups (Pronated hand grip)	4 sets	(Working sets) Until Failure If using assisted Pull-up machine then do 10-20reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

⁻² minute rest between each exercise

LEG DAY (Wednesday)

Rest Period	Exercise	Sets	Reps	Notes
60 second rest	Single Leg	1 warm up set	(Warm up)	Work from lighter
between sets	Hamstring Curls	4 working sets	20 reps each side (Working Sets) 10-15 reps each leg	weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	Seated Leg Curls	1 warm up set 4 working sets	(Warm up) 20 reps (Working sets) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	Back Squats	1 warm up set 4 working sets	(Warm up) 25 reps (Working Sets) 4-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
90 second rest between sets	Leg Press one leg at a time	4 sets	(Working sets) 6-12 reps each leg	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
120 second rest between sets	Leg Press	4 sets	(Working sets) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range) Feet shoulder width apart
120 second rest between sets	Leg Extensions Drop set to half the weight previously used	4 sets	(Working set) 10-20 reps then drop set the weight to half the weight previously used until failure	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

⁻² minute rest between each exercise

SHOULDER DAY (Thursday)

Rest Period	Exercise	Sets	Reps	Notes
120 second rest between sets	Unilateral Shoulder Press with Dumbbells	1 warm up set 4 working sets	(Warm up) 20 reps each arm (Working Sets) 10-20 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Unilateral Dumbbell Laterals (One arm at a time)	4 working sets	(Working sets) 10-20 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Bent over rear delt flies on cables (one arm at a time)	4 working sets	(Working sets) 6-12 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
90 seconds between sets	Cable Face-Pulls	4 sets	(Reverse peck deck) 10-20 reps (Bent over barbell rows) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range) Pull back with elbows and squeeze rear delts
60 second rest between sets	Front raises with barbell (pronated grip)	4 sets	(Working sets) 10-20 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range) Keep hands shoulder width apart

⁻² minute rest between each exercise

ABDOMINAL DAY (Friday)

Rest Period	Exercise	Sets	Reps	Notes
30 second rest	Weighted Trunk	4 sets	(Working Sets)	Perform on
between sets	Twists		20 reps	machine or with
			_	barbell on back
45 second rest	Decline	4 sets	(Decline	Perform laying on
between sets	Abdominal		Abdominal	decline bench
	Crunches Superset		Crunches)	
	with Decline		20 reps	
	Oblique Crunches		(Decline Oblique	
			Crunches)	
			5-10 reps each	
			oblique	
1 minute	Hanging	4 sets	Until Failure	
	Windshield Wipers			
1 minute	Hanging Scissor	4 sets	(Hanging scissor	
	Kicks Superset		Kicks)	
	with Hanging Leg		10-20sec	
	Raises		(Hanging Legs	
			Raises)	
			Until Failure	
45 second rest	Weighted	4 sets	(Working Sets)	
between sets	Crunches on		12-20 reps	
	machine			

⁻¹ minute 30-second rest between each exercise

ARM DAY (Sunday)

Rest Period	Exercise	Sets	Reps	Notes
45 second rest between sets	Dips	4 working sets	Until Failure	Keep elbows tucked in towards the body
60 second rest between sets	Preacher Curls Superset with Hammer Curls with Dumbbells	1 warm up set 4 working sets	(Preacher Curls) 10-20 (Hammer Curls) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Close Grip Barbell Curls Drop set to half the weight previously used	4 sets	(Close Grip Barbell Curls) 12-20 reps. Drop set to half the weight used and go until failure	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Single Arm Triceps Extensions With Cables	4 sets	(Working Sets) 10-20 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
45 second rest between sets	Cable Triceps Kick Backs (one arm at a time)	4 sets	(Working sets) 6-12 reps each arm	Work from lighter weight (higher rep range) to heavier weight (lower rep range)
60 second rest between sets	Cable curls with V-Bar attachment Superset with Cable Overhead Triceps extensions with V-Bar attachment	4 sets	(Cable Curls) 6-12 reps (Overhead Triceps Extensions) 6-12 reps	Work from lighter weight (higher rep range) to heavier weight (lower rep range)

⁻² minute rest between each exercise

USE A WEIGHT IN WHICH YOU REACH MUSCLE FAILURE WITHIN THE GIVEN REP RANGES PROVIDED FOR EVERY SET/EXERCISE *TERMS:

Super set:

-Quickly move from one exercise to a different exercise without taking a break for rest in between the exercises

Drop set:

- -To continue an exercise with a lower weight once muscle failure has been reached at a higher weight **Supinated Hand Grip:**
- -Palms facing upward or facing towards the body

Pronated Hand Grips:

-Palms facing downward or away from the body