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| Day 1 - Monday |
| Exercise | Weight (lbs) | Repetitions | Sets | Rest (Minutes) |
| Bench Press | BAR (warmup)-95-115-135-145-155 | 6 | 5 | 3 |
| Incline Press - Dumbbells | 25 | 10 | 4 | 1.5 |
| Pullovers - Bar | 25 | 10 | 4 | 1.5 |
| Bar Rows | 95 | 10 | 4 | 1.5 |
| Rear Delts - Prone | 15 | 10 | 4 | 1.5 |
| Pressdowns - V Bar | 35 | 10 | 4 | 1.5 |
| Cable Curls - V Bar | 25 | 10 | 4 | 1.5 |

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| Day 2 - Wednesday |
| Exercise | Weight (lbs) | Repetitions | Sets | Rest (Minutes) |
| Squat | BAR (Warmup)-135-175-205-225-245 | 6 | 5 | 3 |
| Stiff Leg Deadlift | 95-115-135 x 2 | 8 | 4 | 2 |
| Calf Raises - Seated | 225 | 10 | 4 | 1.5 |
| Floor Press | 95 | 10 | 4 | 1.5 |
| Pull Ups | Body Weight | 10 | 4 | 1.5 |
| Side Delts - Seated | 10 | 10 | 3 | 1.5 |
| Tricep Extensions - EZ Curl Bar | 45 | 10 | 4 | 1.5 |

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| Day 3 - Friday |
| Exercise | Weight (lbs) | Repetitions | Sets | Rest (Minutes) |
| Deadlift - Sumo | BAR(Warmup)-135-185-225-275-315 | 6 | 5 | 3 |
| Step Ups - Dumbbells | 25 | 10 | 4 | 1.5 |
| Chin Ups | Body Weight | 10 | 4 | 1.5 |
| Seated Cable Rows - 1 arm | 60 | 10 | 4 | 1.5 |
| Shrugs - Behind Back | 135-165-185-205 | 10 | 4 | 1.5 |
| Jammer Press | 45 | 10 | 4 | 1.5 |
| Bicep Curls - Bar | 35 | 10 | 4 | 1.5 |