

Monday-

Bench Press 3x10

Barbell Row 3x10

Incline DB Press 3x10

{SuperSet}

Lat Pulldowns 25/15/12/10/8/6

Bicep Cable Curls 25/15/12/10/8/6

{SuperSet}

Seated Cable Row 25/15/12/10/8/6

Tricep Pull Downs 25/15/12/10/8/6

{SuperSet}

Seated DB Lateral Raises 3x10

Front Plate Raises 3x10

Rear Delt Flys 3x10

Wednesday-

Back Squat 3x10

Front Squat 3x10

{SuperSet}

Leg Extension 3x10

Leg Press 3x10

{SuperSet}

Calf Raises 2x25

Weighted Lunges 2x25

Friday-

Deadlift 10/5/1/1/1/5/10

Hamstring Curls 25/15/12/10/8/6

{SuperSet}

Face Pulls 3x15

Straight Arm Lat Pulldown 3x15

Plate Shrugs 3x25