

MONDAY - LEGS		
Exercises		Sets
1	Back Squat	5x3 or 5x5 or 5x1
	Box Squat	5x3 or 5x5 or 5x1
	Front Squats	5x3 or 5x5 or 5x1
	Zercher Squat	5x3 or 5x5 or 5x1
	Leg Press	5x5 or 5x10
2	Pistol Squat superset Squat Rotations	4x10/10 and 4x10/10
3	Side Lunges	3x7/7
4	Good Mornings	3x10
	DB Lunges	4x15/15
5	Abductor	3x10/10
6	Adductor	3x10/10
7	Straight Leg Dead Lifts	3x7/7
	Romanian Deadlifts	3x7/7
8	Calf Raises	4x15/15
9	Stretches/Foam Roller/Power Plate	

WEDNESDAY - CHEST/TRICEPS/BICEPS		
Exercises		Sets
1	Flat Barbell Bench	5x3 or 5x5 or 5x1
	Incline Barbell Bench	5x3 or 5x5 or 5x1
	Floor Presses	5x3 or 5x5 or 5x1
	Board Presses	5x3 or 5x5 or 5x1
	Rack Bench	5x3 or 5x5 or 5x1
2	Barbell Military Press	3x5
3	Barbell Shrugs	3x10
4	Cable Cross Overs superset Push Ups	3x10 and 3x30-50
	Dumbbell Flyes superset Push Ups	3x10 and 3x30-50
5	Chin Ups	3x10
6	Skull Crushers superset Face Pulls superset CGBP	3x10 and 3x10 and 3x20
	Skull Crushers superset CGBP superset Overhead Presses	3x10 and 3x20 and 3x10
	Skull Crushers superset CGBP superset Tate Presses	3x10 and 3x20 and 3x10
	JM Presses superset Face Pulls/Overhead Presses/Tate Presses	3x10 and 3x10
7	Barbell Curls (Straight Bar ONLY)	
		Pyramids
		Reverse Pyramids
		Drop Sets
		21s
8	Dips	3x10+1xExhaustion (30 Sec Rest)
9	Stretches/Foam Roller/Power Plate	

FRIDAY - BACK/LEGS		
Exercises		Sets
1	Dead Lifts	5x3 or 5x5 or 5x1
	Rack Pulls	5x3 or 5x5 or 5x1
	Deficits	5x3 or 5x5 or 5x1
	<i>Power Cleans (Optional)</i>	5x3 or 5x5 or 5x1
2	Weighted Pullups	4x5 or 4x7
3	Reverse Hypers	3x10
4	Barbell Rows	3x10
	Yates Rows	3x10
	Pendlay Rows	3x10
	One Arm Dumbbell Rows	3x10/10
	T-Bar Rows	3x10
5	Machine Rows	3x10
	One Arm Dumbbell Snatches	3x5/5
6	Hack Squat	3x10-20
	Belt Squat	3x10-20
	Box Squat	3x10-20
	Front Squats	3x10-20
	Zercher Squat	3x10-20
	Leg Press	3x10-20
	Back Squat	3x10-20
7	Hyper Extensions	3x7/7
8	Calf Raises	4x15/15
9	Stretches/Foam Roller/Power Plate	

SATURDAY - CHEST/SHOULDERS		
Exercises		Sets
1	Flat Dumbbell Bench	5x3 or 5x5 or 5x1
	Incline Dumbbell Bench	5x3 or 5x5 or 5x1
	Floor Presses	5x3 or 5x5 or 5x1
2	Push Ups	3x50
3	Barbell Military Press	3x5
	Dumbbell Military Press	3x7
4	Behind the Head Military Press	3x5
5	Lateral Raises superset Front Raises	3x10
	One Arm Lateral Raises superset One Arm Front Raises (DB)	3x10/10
	One Arm Lateral Raises superset One Arm Front Raises (Cable)	3x10/10
	Front Barbell Raises	3x10
6	Reverse Cable Flyes	3x10
	Reverse Dumbbell Flyes	3x10
7	Cable Pushdowns superset Cable Curls	3x15 and 3x15
8	Dips	3x10+1xExhaustion (30 Sec Rest)
9	Stretches/Foam Roller/Power Plate	