

## Upper Strength/Power

| Movement                                 | Sets/Reps          | Notes  |
|--|--------------------|--|
| Barbell Bench Press                      | Warm up then 3x3-5 | Every 4 weeks, if you feel up to it, feel free to find a new 1RM here. |
| Dumbbell Bench Press                     | 3x6-8              |  |
| Barbell Bent Over Row                    | 3x3-5              |  |
| Chin Ups                                 | 3x6-8              | Use weight if possible   |
| Standing Overhead Barbell Press          | 3x4-6              |  |
| Barbell Curl/SS/Two Arm Overhead DB Ext. | 3x8-10 each        | Superset these movements   |

## Lower Strength/Power

| Movement                            | Sets/Reps              | Notes   |
|-------------------------------------|------------------------|---|
| Barbell Squat                       | Warm up then 3x3-5     | Every 4 weeks, if you feel up to it, feel free to find a new 1RM.   |
| Barbell DL                          | Warm up to a heavy 3RM | Only one heavy set here. When you can get 5 reps with your original 3RM weight, add weight. Essentially this is a 1x3-5 rep set |
| Leg Press                           | 3x8-10                 | If you don't have a leg press with your home gym set-up, feel free to sub front squats here.                                    |
| RDL                                 | 3x4-6                  |   |
| Hanging Leg Raise/SS/Decline Sit Up | 3x12-15 each           | Superset these movements  |

## Upper Size/Aesthetics

| Movement                       | Sets/Reps | Notes   |
|--------------------------------|-----------|---|
| Incline DB Press               | 5x10-12   |   |
| Incline DB Flye                | 1x50      | Burnout Set; 50 reps in as few sets as possible |
| Two Arm Dumbbell Bent Over Row | 5x10-12   |   |

|                                   |  |   |
|-----------------------------------|--|---|
| Pull Up                           | 3xMax reps   |   |
| Dumbbell Lateral Raise            | 1x50   | Burnout set; 50 reps in as few sets as possible |
| Hammer Curl/SS/Close Grip Push Up | 5x10-12 (hammer curl)/5xMax Reps(close grip push up) | Superset these movements                        |

Lower Size/Aesthetics

| Movement                       | Sets/Reps               | Notes                          |
|--------------------------------|-------------------------|--------------------------------|
| Dumbbell Walking Lunge         | 3x10-12 reps (each leg) |                                |
| Stiff Legged Dumbbell Deadlift | 3x10-12                 | Single leg if possible         |
| Dumbbell Squat                 | 3x10-12                 |                                |
| Leg Extension                  | 1x50                    | Burnout Set                    |
| Leg Curl                       | 1x50                    | Burnout Set                    |
| Crunch/SS/Flutter Kick         | 5x20 reps each          | Complete 5 rounds with no rest |

Optional Abs/Calves/Arms

| Movement   | Sets/Reps | Notes |
|--|-----------|-------|
| Seated DB Curl   | 4x10-12   | PRP   |
| Seated Overhead Tricep Two Arm Extension                       | 4x10-12   | PRP   |
| Preacher Curl  | 1x50      | BURN  |
| Tricep Dip   | 1x50      | BURN  |
| Hanging Leg Raise  | 3x12-15   |       |
| Seated Crunch Machine or Decline Sit Up (weighted if possible) | 3x12-15   |       |
| Seated Calf Raise  | 1x50      | BURN  |
| Standing DB calf raise   | 1x50      | BURN  |