

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