

DAY 1: Chest & Triceps (Heavy)

Barbell Bench Press – 8 sets of 2 or 3 reps (Heavy Weight = barely get 3 reps each time) OR 7 sets of 30 total reps

Incline Bench Press – 7 sets of 30 total (Decently challenging weight, it shouldn't be easy!!)

Skull Crushers transition into Close Grip Bench Press – 10 reps of SC 20 reps of CGBP x 3 sets (Up weight if you complete first set without struggle)

Weighted Dips – 4 sets of 8 reps (Heavy Weight) if weighted isn't available substitute for 6 sets of AMAP

2 Chest exercises of choice – 3 sets of 6 to 10 reps (incline/decline/flat bench dumbbell press, flies, decline bench, ect...)

1 to 2 triceps exercises – 3 sets of 6 to 10 reps (tricep pull down (rope), straight bar pull down, reverse grip tricep pull downs, overhead tricep extension, single arm pull down, close grip dips, incline/decline skull crushers, ect...)

DAY 2: Back & Biceps (Heavy)

Deadlift – Singles for 10 minutes (Do as many one rep singles as you can in 10 minutes once you can complete 15 total reps in 10 minutes add weight) OR 8 sets of 2 to 3 reps (alternate between these two workouts every back day)

Barbell Rows – 7 sets of 30 total

T Bar Rows – 4 sets of 6 to 10

Incline Dumbbell Curls (back against the slightly inclined bench with arms straight down keep shoulder stable and curl at same time) – 4 sets of 6 to 8

(Instead of your back against the bench flip so your stomach is laying on the bench and arm is hanging down in front of you, curl one arm at a time) Incline Dumbbell Curls – 4 sets of 6 to 8

Flies on an Incline Bench (Lay facing the incline bench on your stomach and raise dumbbells straight up by your side till even with shoulder height, pause for a half second and bring back down in a controlled motion) – 3 sets of 10 to 12

Front Raises on Incline Bench (Instead of bringing arms up from the side, bring them straight up in front of you till slightly over head height) – 3 sets of 10 to 12

Wide Bicep Curls (elbows tucked into sides, hands as wide as possible without strain, curl upward in a seated position) – 3 sets of 6 to 8

Power Barbell Shrugs (start with a weight that allows you to only do about 15 to 20 reps. Explosively shrug the barbell as many reps as possible, stop at near or at failure. Don't put the bar down; take three deep breaths and start up again as many reps as possible till you reach 40. Once completed, take 2 or 3 minutes of rest. If you can perform 25 reps right out of the gate add weight) – 2 sets of 40 reps

Dumbbell shrug and hold (hold it at contraction for three deep breaths, lower weight and repeat pattern. When able to do 10 total reps for both sets add weight) – 2 sets of 10

2 to 3 bicep workouts of choice – 3 sets of 6 to 10

2 to 3 back exercises of choice – 3 sets of 6 to 10

DAY 3: Legs & Shoulders (Heavy)

Squat – 3 to 4 sets of 6 to 10 reps OR 8 sets of 2 to 3 reps (also incorporate some ATG sets)

Straight Leg Deadlifts – 4 sets of 8 to 10

Bulgarian Split Squat (one foot on a bench while the other leg is out in front of you, squat with a barbell on shoulders or dumbbells in hand) – 3 sets of 8 to 10

Goblet squat (Take a dumbbell hold it in front of you against your chest and perform a squat ATG) – 3 sets of 8 to 10

Seated Arnold Press – 4 sets of 6 to 8

Overhead Shoulder Press behind neck or Military Press – 4 sets of 6 to 10

Front Squat or Zercher Squat – 3 sets of 6 to 8

Upright rows – 4 sets of 8 to 10

2 to 3 quad exercises of choice – 3 sets of 10 to 12

1 to 2 hamstring exercises of choice – 3 sets of 10 to 12

1 to 2 shoulder exercises of choice – 3 sets of 10 to 12