

DAY 1

Order	Exercise	Sets	Reps
A1	Curls	3	8
		3	10
		3	12
A2	Squats	3	8
		3	10
		3	12
A3	Bent Over Rows	3	8
		3	10
		3	12
B1	Bench	4	6
		4	8
		4	10
B2	Dumbbell Lunges	3	20
		3	30
B3	Leg Curls	3	8
		3	10
C1	Tricep Extension	3	10
		3	12
		3	15
C2	Leg Extension	3	8
		3	10
		3	15
C3	Military Press	3	10
		3	12
		3	15

DAY 3

Order	Exercise	Sets	Reps
A1	Hang Clean	3	8
		2	10
A2	Romanian Dead Lifts	3	10
		4	8
A3	1 Arm Rows	3	15
		3	12
		3	10
B1	Bench	3	8
		3	10
		3	12
B2	Walking Lunges	3	20
B3	Pulldowns	3	8
		3	10
		3	15
C1	Dumbbell Curls	3	16
		3	20
		3	30
C2	Tricep Extensions	3	10
		3	12
		3	15
C3	1 Arm Snatches	5	5
		4	8
		3	12

DAY 5

Order	Exercise	Sets	Reps
A1	Curls	3	8
		3	10
		3	12
A2	Squats	3	8
		3	10
		3	12
A3	Bent Over Rows	3	8
		3	10
		3	12
B1	Bench	5	5
		5	6
		6	8
B2	Leg Curls	3	8
		3	10
B3	Dumbbell Stair Steps	3	20
		3	24
		3	30
C1	Tricep Extension	3	10
		3	12
		3	15
C2	Leg Extension	3	8
		3	10
		3	12
C3	Military Press	3	10
		3	12
		3	15