

<b>Day 1</b>		
<u>Bench Press</u>	<b>4x10</b>	<b>Chest</b>
<u>Shoulder Press</u>	<b>4x10</b>	<b>Shoulders</b>
<u>Triceps Dips</u>	<b>3x10</b>	<b>Triceps</b>
<u>Incline Dumbbell Press</u>	<b>3x10</b>	<b>Chest</b>
<u>Lateral Raises</u>	<b>3x12</b>	<b>Shoulders</b>
<u>Triceps Pushdowns</u>	<b>3x10</b>	<b>Triceps</b>
<b>Day 2</b>		
<u>Pull ups</u>	<b>4x8</b>	<b>Back</b>
<u>Barbell Rows</u>	<b>4x10</b>	<b>Back</b>
<u>Bicep Curls</u>	<b>3x10</b>	<b>Biceps</b>
<u>Lat Pulldowns</u>	<b>3x10</b>	<b>Back</b>
<u>Face Pulls</u>	<b>3x12</b>	<b>Rear Shoulders</b>
<u>Hammer Curls</u>	<b>3x10</b>	<b>Biceps</b>
<b>Day 3</b>		
<u>Squats</u>	<b>4x10</b>	<b>Quads</b>
<u>Romanian Deadlifts</u>	<b>4x10</b>	<b>Hamstrings</b>
<u>Leg Press</u>	<b>3x10</b>	<b>Quads</b>
<u>Leg Curls</u>	<b>3x10</b>	<b>Hamstrings</b>
<u>Calf Raises</u>	<b>3x12</b>	<b>Calves</b>
<u>Lunges</u>	<b>3x10</b>	<b>Quads &amp; Hamstrings</b>

<b>Day 4</b>		
<u>Bench Press</u>	<b>4x10</b>	<b>Chest</b>
<u>Pull Ups</u>	<b>4x8</b>	<b>Back</b>
<u>Incline Dumbbell Press</u>	<b>3x10</b>	<b>Chest</b>
<u>Barbel Rows</u>	<b>3x10</b>	<b>Back</b>
<u>Dumbbell Flyes</u>	<b>3x12</b>	<b>Chest</b>
<u>Lat Pulldowns</u>	<b>3x10</b>	<b>Back</b>
<b>Day 5</b>		
<u>Squats</u>	<b>4x10</b>	<b>Quads</b>
<u>Deadlifts</u>	<b>4x8</b>	<b>Hamstrings</b>
<u>Leg Press</u>	<b>3x10</b>	<b>Quads</b>
<u>Bulgarian Split Squats</u>	<b>3x10</b>	<b>Hamstrings</b>
<u>Calf Raises</u>	<b>3x12</b>	<b>Calves</b>
<u>Lunges</u>	<b>3x10</b>	<b>Quads &amp; Hamstrings</b>
<b>Day 6</b>		
<u>Shoulder Press</u>	<b>4x10</b>	<b>Shoulders</b>
<u>Lateral Raises</u>	<b>4x12</b>	<b>Shoulders</b>
<u>Triceps Dips</u>	<b>3x10</b>	<b>Triceps</b>
<u>Bicep Curls</u>	<b>3x10</b>	<b>Biceps</b>
<u>Front Raises</u>	<b>3x12</b>	<b>Shoulder</b>
<u>Hammer Curls</u>	<b>3x10</b>	<b>Biceps</b>