

| | | | SETS | REP RANGE | INTENSITY |
|--|---------------------------------|-----------------|------|-----------|-----------|
| MON(CHEST+TRICEPS)STRENGTH+HYPERTROPHY | BENCH PRESS | | 7 | 4-7 | 75-85% |
| | CHEST DIPS | | 4 | 15-8 | 65-75% |
| | BUTTERFLIES | | 4 | 15-8 | 65-75% |
| | PUSHUPS | | 4 | 15-8 | 65-75% |
| | SKULL CRUSHERS | | 4 | 15-8 | 65-75% |
| | BOTH ARM DB TRICEPS EXTENSION | | 4 | 15-8 | 65-75% |
| | TRICEPS PUSHDOWN | SUPERSET | 4 | 15-8 | 65-75% |
| | DIAMOND PUSHUPS | SUPERSET | 4 | 15-8 | 65-75% |
| TUE(BACK+BICEPS)HYPERTROPHY | SINGLE ARM DB ROWING | | 4 | 15-8 | 65-75% |
| | T- BAR ROWING | | 4 | 15-8 | 65-75% |
| | LAT PULL DOWN | | 4 | 15-8 | 65-75% |
| | CABLE ROWING | | 4 | 15-8 | 65-75% |
| | HYPEREXTENSION | | 4 | 15-8 | 65-75% |
| | PREACHER CURLS | | 4 | 15-8 | 65-75% |
| | DB HAMMER CURLS | | 4 | 15-8 | 65-75% |
| WED(LEGS+SHOULDERS)STRENGTH+HYPERTROPHY | BARBELL SQUATS | | 7 | 4-7 | 75-85% |
| | STIFF LEG DEADLIFTS | | 5 | 4-7 | 75-85% |
| | BARBELL LUNGES | | 5 | 4-7 | 75-85% |
| | STANDING CALVES RAISES | | 4 | 15-8 | 65-75% |
| | MILITARY PRESS | | 7 | 4-7 | 75-85% |
| | DB SHOULDER PRESS | SUPERSET | 4 | 15-8 | 65-75% |
| | DB LATERAL RAISES | SUPERSET | 4 | 15-8 | 65-75% |
| THU(CHEST+TRICEPS)HYPERTROPHY | DB INCLINE PRESS | | 4 | 15-8 | 65-75% |
| | MACHINE CHEST PRESS | | 4 | 15-8 | 65-75% |
| | DECLINE DB PRESS | | 4 | 15-8 | 65-75% |
| | BUTTERFLIES | | 4 | 15-8 | 65-75% |
| | CABLE FLIES | | 4 | 15-8 | 65-75% |
| | CLOSE GRIP BENCH PRESS | | 5 | 4-7 | 75-85% |
| | CABLE OVERHEAD TRICEP EXTENSION | | 4 | 15-8 | 65-75% |

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| | BENCH DIPS | | 4 | 15-8 | 65-75% |
| FRI(BACK+BICEPS)STRENGTH+HYPERTROPHY | DEADLIFTS | | 7 | 4-7 | 75-85% |
| | RACK PULLS | | 7 | 4-7 | 75-85% |
| | GOOD MORNING | | 4 | 15-8 | 65-75% |
| | LAT PULL DOWN | | 4 | 15-8 | 65-75% |
| | BARBELL CURLS | SUPERSET | 4 | 15-8 | 65-75% |
| | INCLINE DB CURLS | SUPERSET | 4 | 15-8 | 65-75% |
| | REVERSE CURLS | | 4 | 15-8 | 65-75% |
| SAT(LEGS+SHOULDERS)HYPERTROPHY | LEG PRESS | | 4 | 15-8 | 65-75% |
| | LEG EXTENSION | | 4 | 15-8 | 65-75% |
| | LEG CURLS | | 4 | 15-8 | 65-75% |
| | GLUTE BRIDGES | | 4 | 15-8 | 65-75% |
| | SEATED CALF RAISES | | 4 | 15-8 | 65-75% |
| | DB LALTERAL RAISES | | 4 | 15-8 | 65-75% |
| | BARBELL UPRIGHT RAISES | | 4 | 15-8 | 65-75% |
| | ROPE PULLS | | 4 | 15-8 | 65-75% |