

Chest / Back

1. Incline Press: 3 sets of 12 reps
2. Chest Press: 3 sets of 12 reps
3. Decline Press: 3 sets of 12
4. Cable Fly: 3 sets of 12
5. Lat Pull Down: 3 sets of 12
6. Bent Over Row: 3 sets of 12 per side
7. Dead Lift: 3 sets of 12
8. Back Extension: on ball 3 sets of 10

Biceps / Triceps

1. Preacher Curl: 3 sets of 12
2. Standing Hammer Curl: 3 sets of 12
3. Isolated single arm curls 3 sets 10 per side
4. standing single arm kick backs 3 sets of 12
5. standing behind head extension 3 sets of 12
6. supine skull crushers 3 sets of 12

Shoulders

1. Standing shoulder press 3 sets of 12
2. Front raise 3 sets of 12
3. Side raise 3 sets of 12
4. Rear raise 3 sets of 12
5. Upright rows to chin 3 set of 12
6. Shoulder shrugs 3 sets 12

Legs

1. Squats 3 sets of 12
2. Front/Back lunge 3 sets of 10 per side
3. Clean Jerk: 3 sets of 10
4. Single Leg Romanian Dead Lift 3 sets of 10 per side