

## Monday - Chest, Shoulders, Triceps, Legs

| <u>EXERCISE</u>          | <u>MUSCLE GROUP</u> | <u>SETS</u> | <u>REPS</u> |
|--------------------------|---------------------|-------------|-------------|
| Floor Bench Press        | Chest               | 4           | 6 - 12      |
| Floor Flyes              | Chest               | 4           | 6 - 12      |
| Seated Dumbbell Press    | Shoulders           | 3           | 6 - 12      |
| Dumbbell Side Raises     | Shoulders           | 3           | 6 - 12      |
| Seated Tricep Extensions | Triceps             | 3           | 6 - 12      |
| Dumbbell Kickbacks       | Triceps             | 3           | 6 - 12      |
| Body Squats              | Legs                | 3           | 6 - 12      |

## Wednesday - Back, Biceps, Abs, Legs

| <u>EXERCISE</u>            | <u>MUSCLE GROUP</u> | <u>SETS</u> | <u>REPS</u> |
|----------------------------|---------------------|-------------|-------------|
| One-arm Rows               | Back                | 4           | 6 - 12      |
| Door Pull-ups              | Back                | 4           | 6 - 12      |
| Alternating Dumbbell Curls | Biceps              | 3           | 6 - 12      |
| Concentration Curls        | Biceps              | 3           | 6 - 12      |
| Crunches                   | Abs                 | 3           | 15-20       |
| Lying Leg Raises           | Abs                 | 3           | 6-12        |
| Calf Raises                | Legs                | 3           | 15-20       |

## Friday - Chest, Shoulders, Triceps, Legs

| <u>EXERCISE</u>         | <u>MUSCLE GROUP</u> | <u>SETS</u> | <u>REPS</u> |
|-------------------------|---------------------|-------------|-------------|
| Push-ups                | Chest               | 4           | 15-20       |
| Floor Bench Press       | Chest               | 4           | 6 - 12      |
| Front Dumbbell Raises   | Shoulders           | 3           | 6 - 12      |
| Shrugs                  | Shoulders           | 3           | 6 - 12      |
| Lying Tricep Extensions | Triceps             | 3           | 6 - 12      |
| Diamond Push-ups        | Triceps             | 3           | 5-10        |
| Front Lunges            | Legs                | 3           | 6 - 12      |

"A" Day = Chest, Shoulders, Triceps, Legs

"B" Day = Back, Biceps, Abs, Legs

Week 1 > A - B - A

Week 2 > B - A - B