

DAY 1 – PUSH

Chest

Bench Press – 4×6–8

Incline Dumbbell Press –
4×8–10

Machine Chest Press

3×10

Cable Fly – 3×12–15

Shoulders

Shoulder Press – 4×8–10

Lateral Raises – 4×1–20

Triceps

Skull Crushers – 3×1

Rope Pushdown — 3×12-15

DAY 2

Back

Barbell Row — 4×8-10

Lat Pulldown — 3×10-12

Cable Row — 3×12

Rear Delts

Face Pulls — 3×15 - 20

Biceps

EZ Bar Curl — 3×10-12

Hammer Curl — 3×10-12

DAY 3 – LEGS

Quads

Squats – 4×6–8

Leg Press – 4×10–12

Leg Extensions – 3×12–
20

Hamstrings

RDL – 3×8–10

- Hip Thrust – 4×8–10