

Day 1: Chest/Triceps/Calves



- **Barbell Bench Press - Medium Grip**

4 sets of 12-15 reps
Rest-pause on final set



- **Barbell Incline Bench Press - Medium Grip**

3 sets of 12-15 reps
Rest-pause on final set



- **Incline Dumbbell Flyes**

3 sets of 12-15 reps
Rest-pause on final set



- **Cable Crossover**

3 sets of 12-15 reps
Rest-pause on final set



- **Triceps Pressdown**

4 sets of 12-15 reps
Rest-pause on final set



- **Lying Triceps Extension**

3 sets of 12-15 reps
Rest-pause on final set



- **Cable Overhead Triceps Extension**

3 sets of 12-15 reps
Rest-pause on final set



- **Standing Calf Raises**

3 sets of 25-30 reps
Rest-pause on final set



- **Seated Calf Raise**

3 sets of 25-30 reps
Rest-pause on final set

Workout 2: Back/Biceps/Abs



One-Arm Dumbbell Row

4 sets of 12-15 reps
Rest-pause on final set



Wide-Grip Pulldown

3 sets of 12-15 reps
Rest-pause on final set



Standing Pulldown

3 sets of 12-15 reps
Rest-pause on final set



Straight-Arm Pulldown

3 sets of 12-15 reps
Rest-pause on final set



Barbell Curl

4 sets of 12-15 reps
Rest-pause on final set



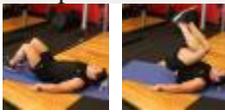
Incline Dumbbell Curl

3 sets of 12-15 reps
Rest-pause on final set



One-Arm High Cable Curls

3 sets of 12-15 reps
Rest-pause on final set



Bent-Knee Hip Raise (on a bench)

3 sets of 20-30 reps*
Rest-pause on final set



Crunches

3 sets of 20-30 reps*
Rest-pause on final set



- **Oblique Crunches**

3 sets of 20-30 reps*
Rest-pause on final set

Day 4: Shoulders/Traps/Calves



Dumbbell Shoulder Press

4 sets of 12-15 reps
Rest-pause on final set



Side Lateral Raise

3 sets of 12-15 reps
Rest-pause on final set



One-Arm Front Cable Raise

3 sets of 12-15 reps
Rest-pause on final set



High Cable Rear Delt Flyes

3 sets of 12-15 reps
Rest-pause on final set



Dumbbell Shrug

4 sets of 12-15 reps
Rest-pause on final set



Seated Calf Raise

4 sets of 25-30 reps
Rest-pause on final set



Leg Press Calf Raise

4 sets of 25-30 reps
Rest-pause on final set

Day 5: Legs/Abs

-  **Barbell Squat**

4 sets of 12-15 reps
Rest-pause on final set

-  **One-Leg Leg Press**

3 sets of 12-15
Rest-pause on final set

-  **Leg Extensions**

3 sets of 12-15
Rest-pause on final set

-  **Romanian Deadlift**

4 sets of 12-15 reps
Rest-pause on final set

-  **Lying Leg Curls**

3 sets of 12-15 reps
Rest-pause on final set

-  **Bent-Knee Hip Raise (on a bench)**

3 sets of 20-30 reps*
Rest-pause on final set

Shoot for at least 20-30 reps, but if you can do more, continue until reaching failure. If you cannot complete 20 reps, do as many as you can trying to get as close to 20 reps as possible.

-  **Crunches**

3 sets of 20-30 reps*
Rest-pause on final set

-  **Plank**

3 sets of 1 min reps
Rest-pause on final set