

MON/THUR

**Arms &
Chest**

TUES/FRI

**Back &
Shoulders**

WED/SAT

**Legs &
Glutes**

ARMS & CHEST

3 Sets of 15 Reps Each

Barbell Bench Press
Incline Dumbbell Flyes
Triceps Pushdown
Incline Bench Press
Barbell Curl
Lying Triceps Press
Bench Dips
Alternate Hammer Curl
Dumbbell Triceps Extension

**BACK &
SHOULDERS**

3 Sets of 15 Reps Each

Hammerstrength Isolated Row
Pulldown Behind Neck
Close-Grip Front Lat Pulldown
Seated Cable Row
Front Dumbbell Raise
Side Lateral Raise
Reverse Flyes
Hyperextensions (with weight)
Barbell Shrugs

LEGS & GLUTES

3 Sets of 15 Reps Each

Leg Press
Leg Extensions
Lying Leg Curls
Standing Calf Raises
Seated Leg Curl
Thigh Adductor & Abductor
Barbell Lunge
Sumo Squat with Jump
Calf Raises (Seated or Standing)

Weekly Strength Training Program

