

Workout 1: Push A

- **Flat Bench Press** 4 sets x 5-8 reps [2 minutes]
- **Incline Dumbbell Press** 3 sets x 8-12 reps [2 minutes]
- **Dumbbell Flyes** 2 sets x 12-15 reps [90 seconds]
- **Lateral Raise** 4 sets x 10-15 reps [90 seconds]
- **Triceps Pressdown** 3 sets x 10-15 reps [90 seconds]
- **Overhead Triceps Extension** 2 sets x 10-15 [90 seconds]

Workout 2: Pull A

- **Reverse Grip Lat Pulldown** 4 sets x 8-12 reps [2 minutes]
- **Single-Arm Dumbbell Row** 3 sets of 5-8 reps [2 minutes]
- **Kneeling Cable Pullover** 2 sets x 12-15 reps [90 seconds]
- **Face Pulls** 4 sets x 15-20 reps [90 seconds]
- **Standing Dumbbell Curl** 3 sets x 8-12 reps [90 seconds]
- **Hammer Curl** 2 sets x 12-15 reps [90 seconds]

Workout 3: Lower Body A

- **Barbell Squats** 4 sets x 5-8 reps [3-5 minutes]
- **Leg Press** 3 sets x 8-12 reps [2-3 minutes]
- **Leg Extension** 2 sets x 12-15 reps [90 seconds]
- **Seated Leg Curl** 4 sets x 8-12 reps [2 minutes]
- **Standing Calf Raise** 4 sets x 5-8 reps [2 minutes]
- **Incline Reverse Crunch** 3 sets x 12-15 reps [90 seconds]

Workout 4: Push B

- **Shoulder Press** 4 sets x 5-8 reps [2 minutes]
- **Flat Dumbbell Press** 4 sets x 8-12 reps [2 minutes]
- **Cable Crossover** 3 sets x 15-20 reps [90 seconds]
- **Lateral Raise** 3 sets x 15-20 reps [90 seconds]
- **Triceps Pressdown** 2 sets x 15-20 reps [90 seconds]
- **Lying EZ Bar Triceps Extension** 3 sets x 12-15 reps [90 seconds]

Workout 5: Pull B

- **Wide Grip Front Lat Pulldown (or Pull-Ups)** 4 sets x 8-12 reps [2 minutes]
- **Wide Grip Seated Cable Row** 3 sets x 8-12 reps [2 minutes]
- **Rear Delt Row** 2 sets x 10-15 reps [90 seconds]
- **Incline Dumbbell Shrugs** 3 sets x 15-20 reps [90 seconds]
- **Incline Dumbbell Curl** 3 sets x 8-12 reps [90 seconds]
- **Dumbbell Preacher Curl** 2 sets x 12-15 reps [90 seconds]

Workout 6: Lower Body B

- **Romanian Deadlift** 4 sets x 8-12 reps [2-3 minutes]
- **Bulgarian Split Squats** 3 sets 8-12 reps [2-3 minutes]
- **Leg Press** 3 sets x 8-12 reps [2-3 minutes]
- **Seated Leg Curl** 3 sets x 8-12 reps [2 minutes]
- **Standing Calf Raise** 4 sets x 15-20 reps [90 seconds]
- **Rollouts/Fallouts** 3 sets x 12-15 reps [90 seconds]