

Push Day Workout A

- **Squat** 3 sets x 5-8 reps
- **Bench Press** 3 sets x 5-8 reps
- **Leg Press** 3 sets x 10-15 reps
- **Incline Dumbbell Press** 3 sets x 10-15 reps
- **Dumbbell Shoulder Press** 3 sets x 8-12 reps
- **Lying EZ Bar Triceps Extension** 3 sets x 10-15 reps

Pull Day Workout A

- **Seated Leg Curl** 3 sets x 10-15 reps
- **Wide Grip Front Lat Pulldown** 3 sets x 8-12 reps
- **Romanian Deadlift** 3 sets x 10-15 reps
- **Seated Cable Row** 3 sets x 8-12 reps
- **Face Pull** 3 sets x 15-20 reps
- **Incline Dumbbell Curl** 3 sets x 8-12 reps

Push Day Workout B

- **Leg Press** 3 sets x 10-15 reps
- **Push-ups** 3 sets x 20-40 reps
- **Bulgarian Split Squat** 3 sets x 8-12 reps
- **Cable Crossover** 3 sets x 10-15 reps
- **Lateral Raise** 3 sets x 10-15 reps
- **Dumbbell Overhead Triceps Extension** 3 sets x 10-15 reps

Pull Day Workout B

- **Romanian Deadlift** 3 sets x 8-12 reps
- **Single-Arm Dumbbell Row** 3 sets x 5-8 reps
- **Lying OR Seated Leg Curl** 3 sets x 10-15 reps
- **Close-Grip Underhand Lat Pulldown** 3 sets x 8-12 reps
- **Seated Bent-Over Lateral Raise** 3 sets x 10-15 reps
- **Dumbbell Preacher Curl** 3 sets x 10-15 reps