

Workout 1: Upper Body

- **Incline Dumbbell Bench Press** 4 sets x 8-12 reps
- **Incline High Row** 4 sets x 8-12 reps
- **Flat Dumbbell Bench Press** 3 sets x 10-15 reps
- **Dumbbell Pullover** 3 sets x 12-15 reps
- **Lateral Raise** 4 sets x 12-15 reps

Workout 2: Lower Body

- **Bulgarian Split Squat** 4 sets x 8-12 reps
- **Dumbbell Romanian Deadlift** 4 sets x 10-15 reps
- **Goblet Squat or Dumbbell Hack Squat** 3 sets x 10-15 reps
- **Sliding Leg Curl** 3 sets x 10-15 reps
- **Weighted Crunch** 3 sets x 20-25 reps

Workout 3: Push

- **Push Ups** 4 sets x As Many Good Reps As Possible
- **Incline Dumbbell Bench Press** 3 sets x 15-20 reps
- **Shoulder Press** 3 sets x 8-12 reps
- **Lateral Raise** 3 sets x 20-25 reps
- **Overhead Triceps Extension** 4 sets x 10-15 reps

Workout 4: Pull

- **Single-Arm Dumbbell Row** 4 sets x 8-12 reps
- **Dumbbell Pullover** 3 sets x 12-15 reps
- **Rear Delt Row** 3 sets x 12-15 reps
- **Incline Dumbbell Curl** 4 sets x 8-12 reps
- **Reverse Crunch** 3 sets x 15-20 reps

Workout 5: Legs

- **Dumbbell Leg Extension** 4 sets x 12-15 reps
- **Deficit Reverse Lunge** 3 sets x 8-12 reps
- **Dumbbell Leg Curl** 4 sets x 8-12 reps
- **Dumbbell Romanian Deadlift** 3 sets x 10-15 reps
- **Hip Thrust** 3 sets x 8-12 reps