

Workout A

- **Bench Press** 3 sets x 5-8 reps
- **Reverse Grip Lat Pulldown** 3 sets x 8-12 reps
- **Squat** 3 sets x 5-8 reps
- **Leg Curl** 3 sets x 12-15 reps
- **Overhead Press** 2 sets x 8-12 reps
- **Incline Curl** 2 sets x 8-12 reps
- **Triceps Pressdown** 2 sets x 12-15 reps

Workout B

- **Incline Dumbbell Press** 3 sets x 12-15 reps
- **Dumbbell Row** 3 sets x 5-8 reps
- **Leg Extension** 3 sets x 15-20 reps
- **Romanian Deadlift** 3 sets x 8-12 reps
- **Lateral Raise** 2 sets x 15-20 reps
- **Dumbbell Hammer Curl** 2 sets x 8-12 reps
- **Overhead Triceps Extension** 2 sets x 8-12 reps