Lunges Super Set Dumbbell Bulgarian Split Squats	4 x 8 (For Both)	Lunges Super Set Dumbbell Bulgarian Split Squats	4 x 8 (For Both)	Lunges Super Set Dumbbell Bulgarian Split Squats	4 x 8 (For Both)	Lunges Super Set Dumbbell Bulgarian Split Squats	4 x 8 (For Both)
HamString Curts	3 x 15	HamString Curis	3 x 15	HamString Curls	3 x 15	HamString Curts	3 x 15
Cable Glute Abduction	3 x 15	Cable Glute Abduction	4×8	Cable Glute Abduction	4x8	Cable Glute Abduction	4 x 8
Calf Raises	3 x 20	Calf Raises	3 x 20	Calf Raises	3 x 20	Calf Raises	3 x 20
DAY TWO	Sets and Reps and RPE	DAYTWO	Sets and Reps and RPE	DAY TWO	Sets and Reps and RPE	DAY TWO	Sets and Reps and RPE
Bench	4 x 6 72.5% of your 1RM	Bench	4 x 6 72.5% of your 1RM	Bench	3 x 7 75% of your 1RM	Bench	3 x 8 75-77.5% of your 1RM
Incline DB Chest Press Super Set With DB Incline Chest Fly	4 x 10	Incline DB Chest Press Super Set With DB Incline Chest Fly	4 x 10	Incline DB Chest Press Super Set With DB Incline Chest Fly	4 x 10	Indine DB Chest Press Super Set With DB Incline Chest Fly	4 x 10
Cable Crossover Super Set With DB Front Raises	4 Sets to Failure	Cable Crossover Super Set With DB Front Raises	4 Sets to Failure	Cable Crossover Super Set With DB Front Raises	4 Sets to Failure	Cable Crossover Super Set With DB Front Raises	4 Sets to Failure
DB Laterial Raises Super Set DB UpRight Row	4 x 12 (for both)	DB Laterial Raises Super Set DB UpRight Row	4 x 12 (for both)	DB Laterial Raises Super Set DB UpRight Row	4 x 12 (for both)	DB Laterial Raises Super Set DB UpRight Row	4 x 12 (for both)
Bend Over Rear Delt Fly	3 Sets to Failure	Bend Over Rear Delt Fly	3 Sets to Failure	Bend Over Rear Delt Fly	3 Sets to Failure	Bend Over Rear Delt Fly	3 Sets to Failure
DAY THREE	Sets and Reps and RPE	DAY THREE	Sets and Reps and RPE	DAY THREE	Sets and Reps and RPE	DAY THREE	Sets and Reps and RPE
Deadift	3 x 7 70% of your 1RM	Deadit	3 x 6 70-75% of your 1RM	Deadift	3 x 6 70-75% of your 1RM	Deadlift	4 x 5 75-77.5% of your 1RM
(BodyWeight) Inverted Row	3 x 7 70% bi your irem 4 x 15	(BodyWeight) Inverted Row	4 x 15	(BodyWeight) Inverted Row	3 x 6 70-75% bi your irem 4 x 15	(BodyWeight) Inverted Row	4 x 5 /5-/7.5% of your free 4 x 15
Underhand Barbell Row	3×8	Underhand Barbell Row	3×8	Underhand Barbell Row	4x15 3x8	Underhand Barbell Row	3x8
Seated Cable Row Super Set With Standing Cable Row	4 x 8 for both	Seated Cable Row Super Set With Standing Cable Row	4 x 8 for both	Seated Cable Row Super Set With Standing Cable Row	4 x 8 for both	Seated Cable Row Super Set With Standing Cable Row	4 x 8 for both
Single Arm PullDown Super Set With Hammer Curts	4 x 15 (Single Arms PullDown) 4 x 12 (Hammer Curts)	Single Arm PullDown Super Set With Hammer Curls	4 x 15 (Single Arms PullDown) 4 x 12 (Hammer Curts)	Single Arm PullDown Super Set With Hammer Curts	4 x 15 (Single Arms PullDown) 4 x 12 (Hammer Curts)	Single Arm PullDown Super Set With Hammer Curts	4 x 12 (Single Arms PullDown) 4 x 12 (Hammer Curls)
Straight Bar Lat Pulls Super Set With Alternating Curls	4 x 12 (Straight Bar) 4 x 12 (Curts) 3 Sets to Failure	Straight Bar Lat Pulls Super Set With Alternating Curts Pull-Ups	4 x 12 (Straight Bar) 4 x 12 (Curts) 3 Sets to Failure	Straight Bar Lat Pulls Super Set With Alternating Curts Pull-Ups	4 x 12 (Straight Bar) 4 x 12 (Curta) 3 Sets to Failure	Straight Bar Lat Pulls Super Set With Alternating Curts Pull-Uos	4 x 12 (Straight Bar) 4 x 12 (Curts)
Pull-Ups	3 Sets to Failure	Pull-Ups	3 Sets to Failure	Pull-Ups	3 Sets to Faiture	Pul-Ups	3 Sets to Failure
DAY FOUR	Sets and Reps and RPE	DAY FOUR	Sets and Reps and RPE	DAY FOUR	Sets and Reps and RPE	DAY FOUR	Sets and Reps and RPE
Bench Bench	3 x 4 75% of your 1RM	Banch Banch	Sets and Neps and MPE 3 x 4 77.5% of your 1RM	Bench	3 x 5 77.5% of your 1RM	Bench Bench	Sets and Keps and KPE: 4 x 5 77.5% of your 1RM
DB Shoulder Press	4x8	DB Shoulder Press	4×8	DB Shoulder Press	4x8	DB Shoulder Press	4x8
DB Laterial Raises Super Set With DB Shoulder Press	4 x 12 for Both	DB Laterial Raises Super Set With DB Shoulder Press	4 x 12 for Both	DB Laterial Raises Super Set With DB Shoulder Press	4 x 12 for Both	DB Laterial Raises Super Set With DB Shoulder Press	4 x 12 for Both
Flat DB Chest Press Super Set DB Tricep Extensions	4 x 10 (for both)	Flat DB Chest Press Super Set DB Tricep Extensions	4 x 10 (for both)	Flat DB Chest Press Super Set DB Tricep Extensions	4 x 10 (for both)	Flat DB Chest Press Super Set DB Tricep Extensions	4 x 10 (for both)
Incline Flys Super Set With (Skull Crushers or Rope Tricep Extensions)	3 Sets to Failure	Incline Flys Super Set With (Skull Crushers or Rope Tricep Extensions)	3 Sets to Failure	Incline Flys Super Set With (Skull Crushers or Rope Tricep Extensions)	3 Sets to Failure	Incline Flys Super Set With (Skull Crushers or Rope Tricep Extensions)	3 Sets to Failure
DAY FIVE	Sets and Reps and RPE	DAY FIVE	Sets and Reps and RPE	DAY FIVE	Sets and Reps and RPE	DAY FIVE	Sets and Reps and RPE
Squats	3 x 5 72.5% of your 1RM	Squats	3 x 5 72.5% of your 1RM	Squats	4 x 5 75% of your 1RM	Squats	4 x 5 75% of your 1RM
RDL	4×8	RDL	4×8	RDL .	4x8	RDL	4 x 8
Weighted Step Ups SuperSet With Bugarian Split Squats	3 x 12 for Step Ups and 4 x 8 for Split Squats	Weighted Step Ups SuperSet With Bugarian Spilt Squats	3 x 12 for Step Ups and 4 x 8 for Spilt Squats	Weighted Step Ups SuperSet With Bugarian Spilt Squats	3 x 12 for Step Ups and 4 x 8 for Spilt Squats	Weighted Step Ups SuperSet With Bugarian Spilt Squats	3 x 12 for Step Ups and 4 x 8 for Spit Squats
Hip Thrusts (Barbell or DB)	4×8	Hip Thrusts (Barbell or DB)	4×8	Hip Thrusts (Barbell or DB)	4x8	Hip Thrusts (Barbell or DB)	4 x 8
HamString Curls	3 x 15	HamString Curls	3 x 15	HamString Curls	3 x 15	HamString Curts	3 x 15
Goblet Squats	4×8	Goblet Squats	4×8	Goblet Squats	4x8	Goblet Squats	4 x 8
Calf Raises	3 x 20	Calf Raises	3 x 20	Call Raises	3 x 20	Calf Raises	3 x 20
DAY SIX	Sets and Reps and RPE	DAY SIX	Sets and Reps and RPE	DAY SIX	Sets and Reps and RPE	DAY SIX	Sets and Reps and RPE
Deadlift	2 x 7 72.5% of your 1RM	Deadlift	2 x 7 73.5% of your 1RM	Deadift	2 x 7 72.5% of your 1RM	Deadlift	2 x 7 77.5% of your 1RM
(BodyWeight) Inverted Row	4 x 15	(BodyWeight) Inverted Row	4 x 15	(BodyWeight) Inverted Row	4 x 15	(BodyWeight) Inverted Row	4 x 15
Underhand Barbell Row	3×8	Underhand Barbell Row	3×8	Underhand Barbell Row	3×8	Underhand Barbell Row	3 x 8
Seated Cable Row Super Set With Standing Cable Row	4 x 8 for both	Seated Cable Row Super Set With Standing Cable Row	4 x 8 for both	Seated Cable Row Super Set With Standing Cable Row	4 x 8 for both	Seated Cable Row Super Set With Standing Cable Row	4 x 8 for both
Single Arm PullDown Super Set With Hammer Curts	4 x 15 (Single Arms PullDown) 4 x 12 (Hammer Curts)	Single Arm PullDown Super Set With Hammer Curts	4 x 15 (Single Arms PullDown) 4 x 12 (Hammer Curts)	Single Arm PullDown Super Set With Hammer Curls	4 x 15 (Single Arms PullDown) 4 x 12 (Hammer Curls)	Single Arm PullDown Super Set With Hammer Curts	4 x 15 (Single Arms PullDown) 4 x 12 (Hammer Curls)
Straight Bar Lat Pults Super Set With Alternating Curts	4 x 12 (Straight Bar) 4 x 12 (Curls)	Straight Bar Lat Pulls Super Set With Alternating Curls	4 x 12 (Straight Bar) 4 x 12 (Curts)	Straight Bar Lat Pulls Super Set With Alternating Curls	4 x 12 (Straight Bar) 4 x 12 (Curls)	Straight Bar Lat Pulls Super Set With Alternating Curts	4 x 12 (Straight Bar) 4 x 12 (Curls)
Pull-Upa	3 Sets to Failure	Pull-Ups	3 Sets to Failure	Pull-Ups	3 Sets to Failure	Pull-Ups	3 Sets to Failure
Day Seven (Optional Arm Day or Reset Back to Day One or take rest day)	Sets and Reps and RPE	Day Seven (Optional Arm Day or Reset Back to Day One or take rest day)	Sets and Reps and RPE	Day Seven (Optional Arm Day or Reset Back to Day One or take rest day)	Sets and Reps and RPE	Day Seven (Optional Arm Day or Reset Back to Day One or take rest day)	Sets and Reps and RPE
BB Shoulder Press	4x8	BB Shoulder Press	4×8	BB Shoulder Press	4x8	BB Shoulder Press	4x8
Laterial Raises SuperSet Roped Tricep Extenions	4 x 10 For Both	Laterial Raises SuperSet Roped Tricep Extenions	4 x 10 For Both	Laterial Raises SuperSet Roped Tricep Extenions	4 x 10 For Both	Laterial Raises SuperSet Roped Tricep Extenions	4 x 10 For Both

4 v 6 74 5% of your 1RM

4 x 12

4 x 12

4 x 10

4 Sets Go 10, 8, 6, 4 then set of 10-15 Reps for your last one

Rainbow Laterial Raises (Pryramid) SuperSet Standing Shoulder Press 4 Sets Go 10, 8, 6, 4 then set of 10-15 Reps for your last one (4 x 6 for Press)

DAY ONE

Somats

Hack Squat Or Leg Press (matters what you gym has)

DB RDL

Straight Bar Curls SuperSet Roped Curls

Rainbow Laterial Raises (Pryramid) SuperSet Standing Shoulder Press

Sets and Reps and RPE

3 x 8 72.5% of your 1RM

4 x 12

4 x 12

4 x 10

4 Sets Go 10. 8. 6. 4 then set of 10-15 Reps for your last one (4 x 6 for Press)

4 Sets Go 10, 8, 6, 4 then set of 10-15 Reps for your last one

DAY ONE

3 x 8 75-77% of your 1RM

4 x 12

4 x 10

4 Sets Go 10. 8. 6. 4 then set of 10-15 Reps for your last one (4 x 6 for Press)

4 Sets Go 10, 8, 6, 4 then set of 10-15 Reps for your last one

Somate

Hack Squat Or Leg Press (matters what you gym has)

DB RDL

Straight Bar Curls SuperSet Roped Curls

Rainbow Laterial Raises (Pryramid) SuperSet Standing Shoulder Press

Tricep Laying Down Extensions (Pryramid)

Sets and Reps and RPE

4 x 6 72.5% of your 1RM

4 x 12

4 x 12

4 x 10

4 Sets Go 10, 8, 6, 4 then set of 10-15 Reps for your last one

Rainbow Laterial Raises (Pryramid) SuperSet Standing Shoulder Press 4 Sets Go 10. 8. 6. 4 then set of 10-15 Reps for your last one (4 x 6 for Press)

Smiate

Hack Squat Or Leg Press (matters what you gym has)

DB RDL

Straight Bar Curts SuperSet Roped Curts

Tricep Laying Down Extensions (Pryramid)

DAY ONE

Source

Hack Squat Or Leg Press (matters what you gym has)

DB RDL

Straight Bar Curts SuperSet Roped Curts

Tricep Laying Down Extensions (Pryramid)