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5 sets of 5 for Compound exercises(in 3 sets of 12 for Auxillary exercises	bold).												
3 sets of 12 for Auxiliary exercises													
You should be increasing weight each we	ek for every exercise even by	a little.											
Manday Lago	Total Reps & Weight: Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	
Monday: Legs Squat/Leg Press	vveek i	vveek 2	vveek 3	Week 4	Week 5	vveek 6	vveek /	vveek o	vveek 9	Week 10	Week 11	Week 12	
Cable Kick-backs													
Lying Hamstring Curls(Plantar Flex feet)													
Seated Calf Raise													
Leg Extension Cable Abduction													
Cable Adduction													
Standing calf Raises													
Lunges(big steps)													
T													
Tuesday: Back & Biceps Deadlifts*													
Lat Pulldowns													
Concentration Curls													
Upper Cable Rows													
Forarm curls													
Lower Cable Rows Single Arm Hammer Curl													
Cable Face pulls w/ rope													
Easy Curl Bar Wide grip													
Bent over barbell row*													
ABS													
Wedneday: Cardio													
2-3 miles of light cardio													
T	-												
Thursday: Chest & Tri Barbell Bench Press*													
Single-Hand Supinated Pull-Downs													
Decline Press*													
Tricep Push-Downs													
Incline Press* Angled Tricep Rope Pulls													
High Cable Fly													
Lateral Cable Tricep Extension													
Low Cable Fly													
ABS													
Friday/Saturday: Shoulders													
Shoulder Press*													
Bent Over Lateral Raises													
Barbell Shrugs* Front Raises													
Upright Rows													
Incline Dumbell Rows													
Pull-Ups (pronated grip)													
Low-cable lateral raises													
High-cable lateral extensions Rack Pulls*													
TAUGA F UIIO													
Saturday: Cardio- HITT + ABS													