

# Winter = Wider

<b>Monday: Chest + Triceps</b>	<b>4 sets of 10</b>	
<b>Dumbbell Bench Press</b>		
<b>Lying Supinated(SG) Dumbbell Press</b>		
<b>Cable Fly Crossovers</b>		
<b>Single arm Cable Chest press (SG)</b>		
<b>Seated Cable Row Tricep Kickback</b>		
<b>Rope Extension</b>		
<b>Lying Tricep Extension</b>		
<b>Burnout Dips</b>	<b>Each set to failure</b>	
<b>Abs 5 sets to failure</b>		

<b>Tuesday: Legs</b>		
<b>Back Squat: 225 max - ass to grass</b>		
<b>Leg Extensions</b>		
<b>Lying Hamstring Curl</b>		
<b>Hip Thrusters</b>		
<b>Cable Abductions</b>		
<b>Cable Adductions</b>		
<b>Cable Kickback</b>		
<b>Seated Calf Raises</b>		

**Wednesday: Rest**

<b>Thursday: Back &amp; Biceps</b>		
<b>Dead Lift: 315 Max</b>		
<b>Wide Bar Cable Extension</b>		
<b>Lat Pull Downs</b>		
<b>Single Arm Hammer Curls</b>		
<b>Dumbbell Squeez Curls</b>		
<b>Seated Rope Raise(Delt Burners)</b>		
<b>Bent Over Smith Row SG</b>		
<b>Pull Ups</b>	<b>Until Failure</b>	
<b>ABs 5 sets until failure</b>		

<b>Friday: Shoulders + Cardio</b>		
<b>Dumbbell Shoulder Press</b>		
<b>Dumbbell Lateral Raises</b>		
<b>Dumblell front Raises</b>		

<b>Upright Cable Rows-French Curl Bar</b>		
<b>Rear Delt Fly</b>		
<b>Barbell Shrugs</b>		
<b>5 Rounds 30 second all out jump rope</b>		
<b>5 Rounds 30 second Ski Machine</b>		
<b>Abs 5 sets until failure</b>		
<b>Saturday + Sunday: Rest</b>		