

Day 1: Back and Biceps

- Deadlifts
- Bent Over rows
- Lateral Cable Pulls
- Lat Pulldowns
- Back extension
- Back Pull Machine or Dumbbell pulls

- Chinups
- Dumbbell curls
- EZ bar curls
- Hammer Curls with Twist
- Concentration
- Cross body curls
- Flexed Curls

Day 2: Legs

- Barbell Squats
- Hack Squats
- Bulgarian Split Squats
- Leg Press
- Leg Extension
- Hamstring curls
- Romanian deadlifts
- Calf raises

Day 3: Chest and Shoulders

- Bench Press
- Incline Dumbbell Press
- Single arm Chest Press machine
- Cable Crossovers: Upper chest
- Cable Crossovers: Lower chest
- Dumbbell chest squeeze

- Barbell Shoulder press
- Military Press
- Lateral Raises
- Deltoid Flys
- Shrugs
- Face Pulls

Day 4: Back and Arms

- Pull Ups
- Deadlifts
- Bent Over rows
- Lateral Cable Pulls
- Lat Pulldowns

- Back extension
- Back Pull Machine or Dumbbell Contractions

- Dumbbell curls
- EZ bar curls
- Hammer Curls with Twist
- Concentration
- Cross body curls
- Flexed Curls
- Tricep Pulldowns
- Overhead Tricep Extensions
- Skull crushers
- Tricep Dips

Day 5: Legs

- Barbell Squats
- Hack Squats
- Bulgarian Split Squats
- Leg Press
- Leg curls
- Hamstring curls
- Romanian deadlifts
- Calf raises

Day 6: Shoulders

- Barbell Shoulder press
- Military Press
- Lateral Raises
- Deltoid Flys
- Shoulder Shrugs
- Face Pulls

Day 7: Chest and Triceps

- Bench Press
- Incline Dumbbell Press
- Single arm Chest Press machine
- Cable Crossovers: Upper chest
- Cable Crossovers: Lower chest
- Dumbbell chest squeeze
- Tricep Pulldowns
- Overhead Tricep Extensions
- Skull crushers
- Tricep Dips