

## **Chest Day**

DB or barbell Chest press  
Cable Chest fly

Push-ups  
Hips-Off, Single-Arm Bench Press

Plate press outs  
30 - 45 second Plank

## **Back Day**

Cable lat pull-down  
Barbell back row

Straight arm pull-down  
Assisted Pull-ups

Back fly  
Single arm rows

## **Shoulder Day**

DB Military press  
DB lateral raise

Plate front raise  
Incline chest press

Slams or battle rope  
Rear-delt face pull

## **Leg Day**

Leg press  
DB walking lunges

Machine - Quads  
Machine - Hamstrings

Stiff leg deadlift  
Bench step-up with DB

## **Abs**

Roman chair - Leg lifts  
Back extension

Cable rotations L-R  
Mt. Climbers or Stability ball knee tucks

Sit-ups  
Reverse crunch

15 - 20 mins Incline treadmill