

Strength Training Program

Day	Order	Exercise	Sets						Rest	Comments/Purpose of exercise
			1	2	3	4	5	6		
M	1a	Flat BB bench press	6	4	4	2			2-3min	
	Heavy push	2a	Incline DB bench press	5	5	5			2min	
		3a	BB Push press	5	5	5			2min	
		4a	DB front raises	8	8				2min	
		5a	Close grip bench press	5	5	3	3		2-3min	
		6a	Reverse grip triceps pushdowns	8	8				90s	
		7a	Abdominals (upper/side)							
T	1a	Back squats	6	4	4	2			2-3min	
	Heavy legs	2a	Leg press	5	5	5			2min	
		3a	RDL	5	5	3	3		2-3min	
		4a	Abdominals (lower)							
W	1a	Bent over DB rows	10	10	8	8			90s	
	Light pull	2a	Narrow grip lat pulldowns	10	10	8	8		90s	
		3a	Row to neck	12	12				60s	
		4a	DB pullovers	12	12				60s	
		5a	Reverse incline DB curls	15	12	10			60s	
		6a	Reverse BB curls	15	12	10			60s	
H	1a	Incline DB press	10	10	8	8				
	Light push	2a	Machine chest press	2xtriple drop					2 min	(Rep out, lower weight, rep out, lower weight, rep out) x 2
		3a	Machine chest flyes	2xtriple drop					2 min	(Rep out, lower weight, rep out, lower weight, rep out) x 2
		4a	DB Arnold press	12	12				60s	
		5a	Upright rows	10	10	10				Super set with DB lateral raises
		5b	DB lateral raises	12	12	12			90s	
		6a	Dips	10	10					Tri-set -- dips, bench dips, close grip push-ups
		6b	Bench dips	20	20					
6c	Close grip push-ups	F	F				2 min			
7a	Abdominals (upper/side)									
F	1a	Front squats	10	10	8	8			90s	
	Light legs	2a	BB forward lunges	10	10	10			60s	
		3a	BB step-ups	10	10	10			60s	
		4a	Leg curls	15	15	15			60s	
		5a	Abdominals (lower)							
Sa	1a	Weighted pull-ups	6	4	4	2			2-3min	
	Heavy pull	2a	Bent over BB rows	5	5	5			2min	
		3a	Sternum neutral pull-ups	5	5	5			2min	
		4a	BB shrugs	5	5	5			2min	
		5a	EZ bar biceps curls	8	8	8			2min	
		6a	DB Scott curls	10	10				90s	