

WORKOUT A: Back, Shoulders & Abs

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Dumbbell Rows</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
A2. <u>Lateral Dumbbell Raises</u>		10, 12, 15		I	10		2	12		3	15		—	—	—
B1. <u>Lat Pull-Down (Wide Grip)</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
B2. <u>Bent-Over Dumbbell Raises</u>		10, 12, 12		I	10		2	12		3	12		—	—	—
C1. <u>Standing Dumbbell Shoulder Press</u>	3	10, 12, 15	2 min.	I	10		2	12		3	15		—	—	—
C2. <u>Seated Front Deltoid Raises</u>		10, 10, 12		I	10		2	10		3	12		—	—	—
D1. <u>Barbell Rows (Reverse Grip)</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
D2. <u>Upright Rows (Barbell)</u>		10, 12, 15		I	10		2	12		3	15		—	—	—
Ab Wheel, Russian Twist & Ab Crunches	3	15, 15, 15	1 min.	I	15		2	15		3	15		—	—	—

WORKOUT B: Quadriceps, Hamstrings & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Leg Press (Shoulder-Width Stance)</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
A2. <u>Dumbbell Romanian Deadlift</u>		10, 10, 12		I	10		2	10		3	12		—	—	—
B1. <u>Dumbbell Step-Ups</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
B2. <u>Frog Pumps (Band)</u>		15, 15, 20		I	15		2	15		3	20		—	—	—
C1. <u>Leg Extensions</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
C2. <u>Lying Hamstring Curls</u>		10, 12, 12		I	10		2	12		3	12		—	—	—
D1. <u>Barbell Hip Thrusts (Band)</u>	3	10, 10, 10	2 min.	I	10		2	10		3	10		—	—	—
D2. <u>Walking Lunges (Dumbbells)</u>		10, 10, 12		I	10		2	10		3	12		—	—	—

WORKOUT C: Chest, Biceps & Triceps

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Chest Dumbbell Press (Flat Bench)</u>	3	10, 10, 12	2 min.	I	10		2	10		3	12		—	—	—
A2. <u>Standing Dumbbell Curls</u>		10, 12, 12		I	10		2	12		3	12		—	—	—
B1. <u>Incline Dumbbell Fly</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
B2. <u>Standing Hammer Curls</u>		10, 12, 15		I	10		2	12		3	15		—	—	—
C1. <u>Dumbbell Triceps Kickback</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
C2. <u>Barbell Curls</u>		10, 12, 12		I	10		2	12		3	12		—	—	—
D1. <u>Overhead Triceps Extension</u>	3	10, 10, 12	2 min.	I	10		2	10		3	12		—	—	—
D2. <u>Bench Dips</u>		10, 10, 12		I	10		2	10		3	12		—	—	—
E1. <u>Bench Pushups</u>	3	10, 10, 12	2 min.	I	10		2	10		3	12		—	—	—
E2. <u>Rope Curls</u>		10, 12, 12		I	10		2	12		3	12		—	—	—

WORKOUT D: Quadriceps, Hamstrings & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Dumbbell Goblet Squats (Band)</u>	3	12, 12, 15	2 min.	I	12		2	12		3	15		—	—	—
A2. <u>Seated Hamstring Curls</u>		10, 12, 12		I	10		2	12		3	12		—	—	—
B1. <u>Bulgarian Squats (Dumbbells)</u>	3	10, 10, 10	2 min.	I	10		2	10		3	10		—	—	—
B2. <u>Walking Lunges (Bodyweight/Band)</u>		10, 12, 12		I	10		2	12		3	12		—	—	—
C1. <u>Feet-Elevated Hip Thrusts (Band)</u>	3	15, 15, 20	2 min.	I	15		2	15		3	20		—	—	—
C2. <u>Jump Squats</u>		15, 20, 20		I	15		2	20		3	20		—	—	—
D1. <u>Leg Press (Wide Stance/Band)</u>	3	12, 12, 15	2 min.	I	12		2	12		3	15		—	—	—
D2. <u>Dumbbell Romanian Deadlifts</u>		10, 10, 12		I	10		2	10		3	12		—	—	—
<u>Frog Pumps (Band)</u>	3	20, 20, 25	1 min.	I	20		2	20		3	25		—	—	—

WORKOUT E: Back, Shoulders & Abs (Optional)

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Seated Rows (V-Bar)</u>	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
A2. <u>Standing Cable Lateral Raises</u>		10, 12, 12		1	10		2	12		3	12		—	—	—
B1. <u>Lat Pull-Down (Chin-Up Style)</u>	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
B2. <u>Bent-Over Dumbbell Raises</u>		10, 12, 12		1	10		2	12		3	12		—	—	—
C1. <u>Standing Military Press (Barbell)</u>	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
C2. <u>Back Extensions (Bodyweight/Band)</u>		12, 12, 15		1	12		2	12		3	15		—	—	—
Bird Dogs & Floor Ab Crunches	3	12, 12, 15	2 min.	1	12		2	12		3	15		—	—	—
Bicycle Crunches & Leg Raises	3	12, 12, 12	2 min.	1	12		2	12		3	12		—	—	—

WORKOUT A: Back, Shoulders & Abs

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Dumbbell Rows</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
A2. <u>Lateral Dumbbell Raises</u>		10, 12, 15		I	10		2	12		3	15		—	—	—
B1. <u>Lat Pull-Down (Wide Grip)</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
B2. <u>Bent-Over Dumbbell Raises</u>		10, 12, 12		I	10		2	12		3	12		—	—	—
C1. <u>Standing Dumbbell Shoulder Press</u>	3	10, 12, 15	2 min.	I	10		2	12		3	15		—	—	—
C2. <u>Seated Front Deltoid Raises</u>		10, 10, 12		I	10		2	10		3	12		—	—	—
D1. <u>Barbell Rows (Reverse Grip)</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
D2. <u>Upright Rows (Barbell)</u>		10, 12, 15		I	10		2	12		3	15		—	—	—
Ab Wheel, Russian Twist & Ab Crunches	3	15, 15, 15	1 min.	I	15		2	15		3	15		—	—	—

WORKOUT B: Quadriceps, Hamstrings & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Leg Press (Shoulder-Width Stance)</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
A2. <u>Dumbbell Romanian Deadlift</u>		10, 10, 12		I	10		2	10		3	12		—	—	—
B1. <u>Dumbbell Step-Ups</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
B2. <u>Frog Pumps (Band)</u>		15, 15, 20		I	15		2	15		3	20		—	—	—
C1. <u>Leg Extensions</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
C2. <u>Lying Hamstring Curls</u>		10, 12, 12		I	10		2	12		3	12		—	—	—
D1. <u>Barbell Hip Thrusts (Band)</u>	3	10, 10, 10	2 min.	I	10		2	10		3	10		—	—	—
D2. <u>Walking Lunges (Dumbbells)</u>		10, 10, 12		I	10		2	10		3	12		—	—	—

WORKOUT C: Chest, Biceps & Triceps

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Chest Dumbbell Press (Flat Bench)</u>	3	10, 10, 12	2 min.	I	10		2	10		3	12		—	—	—
A2. <u>Standing Dumbbell Curls</u>		10, 12, 12		I	10		2	12		3	12		—	—	—
B1. <u>Incline Dumbbell Fly</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
B2. <u>Standing Hammer Curls</u>		10, 12, 15		I	10		2	12		3	15		—	—	—
C1. <u>Dumbbell Triceps Kickback</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
C2. <u>Barbell Curls</u>		10, 12, 12		I	10		2	12		3	12		—	—	—
D1. <u>Overhead Triceps Extension</u>	3	10, 10, 12	2 min.	I	10		2	10		3	12		—	—	—
D2. <u>Bench Dips</u>		10, 10, 12		I	10		2	10		3	12		—	—	—
E1. <u>Bench Pushups</u>	3	10, 10, 12	2 min.	I	10		2	10		3	12		—	—	—
E2. <u>Rope Curls</u>		10, 12, 12		I	10		2	12		3	12		—	—	—

WORKOUT D: Quadriceps, Hamstrings & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Dumbbell Goblet Squats (Band)</u>	3	12, 12, 15	2 min.	I	12		2	12		3	15		—	—	—
A2. <u>Seated Hamstring Curls</u>		10, 12, 12		I	10		2	12		3	12		—	—	—
B1. <u>Bulgarian Squats (Dumbbells)</u>	3	10, 10, 10	2 min.	I	10		2	10		3	10		—	—	—
B2. <u>Walking Lunges (Bodyweight/Band)</u>		10, 12, 12		I	10		2	12		3	12		—	—	—
C1. <u>Feet-Elevated Hip Thrusts (Band)</u>	3	15, 15, 20	2 min.	I	15		2	15		3	20		—	—	—
C2. <u>Jump Squats</u>		15, 20, 20		I	15		2	20		3	20		—	—	—
D1. <u>Leg Press (Wide Stance/Band)</u>	3	12, 12, 15	2 min.	I	12		2	12		3	15		—	—	—
D2. <u>Dumbbell Romanian Deadlifts</u>		10, 10, 12		I	10		2	10		3	12		—	—	—
<u>Frog Pumps (Band)</u>	3	20, 20, 25	1 min.	I	20		2	20		3	25		—	—	—

WORKOUT E: Back, Shoulders & Abs (Optional)

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Seated Rows (V-Bar)</u>	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
A2. <u>Standing Cable Lateral Raises</u>		10, 12, 12		1	10		2	12		3	12		—	—	—
B1. <u>Lat Pull-Down (Chin-Up Style)</u>	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
B2. <u>Bent-Over Dumbbell Raises</u>		10, 12, 12		1	10		2	12		3	12		—	—	—
C1. <u>Standing Military Press (Barbell)</u>	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
C2. <u>Back Extensions (Bodyweight/Band)</u>		12, 12, 15		1	12		2	12		3	15		—	—	—
Bird Dogs & Floor Ab Crunches	3	12, 12, 15	2 min.	1	12		2	12		3	15		—	—	—
Bicycle Crunches & Leg Raises	3	12, 12, 12	2 min.	1	12		2	12		3	12		—	—	—

WORKOUT A: Back, Shoulders & Abs

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Dumbbell Rows</u>	4	10, 10, 12, 12	2 min.	I	10		2	10		3	12		4	12	
A2. <u>Lateral Dumbbell Raises</u>		10, 12, 12, 15		I	10		2	12		3	12		4	15	
B1. <u>Lat Pull-Down (Wide Grip)</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
B2. <u>Bent-Over Dumbbell Raises</u>		10, 12, 12		I	10		2	12		3	12		—	—	—
C1. <u>Standing Dumbbell Shoulder Press</u>	4	10, 12, 12, 15	2 min.	I	10		2	12		3	12		4	15	
C2. <u>Seated Front Deltoid Raises</u>		10, 10, 12, 12		I	10		2	10		3	12		4	12	
D1. <u>Barbell Rows (Reverse Grip)</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
D2. <u>Upright Rows (Barbell)</u>		10, 12, 15		I	10		2	12		3	15		—	—	—
Ab Wheel, Russian Twist & Ab Crunches	4	15, 15, 20, 20	1 min.	I	15		2	15		3	20		4	20	

WORKOUT B: Quadriceps, Hamstrings & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Leg Press (Shoulder-Width Stance)</u>	4	10, 10, 12, 12	2 min.	I	10		2	10		3	12		4	12	
A2. <u>Dumbbell Romanian Deadlift</u>		10, 10, 12, 12		I	10		2	10		3	12		4	12	
B1. <u>Dumbbell Step-Ups</u>	4	10, 12, 12, 15	2 min.	I	10		2	12		3	12		4	15	
B2. <u>Frog Pumps (Band)</u>		15, 15, 20, 20		I	15		2	15		3	20		4	20	
C1. <u>Leg Extensions</u>	4	10, 10, 12, 12	2 min.	I	10		2	10		3	12		4	12	
C2. <u>Lying Hamstring Curls</u>		10, 10, 12, 12		I	10		2	10		3	12		4	12	
D1. <u>Barbell Hip Thrusts (Band)</u>	3	10, 10, 10	2 min.	I	10		2	10		3	10		—	—	—
D2. <u>Walking Lunges (Dumbbells)</u>		10, 10, 12		I	10		2	10		3	12		—	—	—

WORKOUT C: Chest, Biceps & Triceps

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Chest Dumbbell Press (Flat Bench)</u>	4	10, 10, 12, 12	2 min.	I	10		2	10		3	12		4	12	
A2. <u>Standing Dumbbell Curls</u>		10, 12, 12, 15		I	10		2	12		3	12		4	15	
B1. <u>Incline Dumbbell Fly</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
B2. <u>Standing Hammer Curls</u>		10, 12, 15		I	10		2	12		3	15		—	—	—
C1. <u>Dumbbell Triceps Kickback</u>	4	10, 10, 12, 12	2 min.	I	10		2	10		3	12		4	12	
C2. <u>Barbell Curls</u>		10, 10, 12, 12		I	10		2	10		3	12		4	12	
D1. <u>Overhead Triceps Extension</u>	4	10, 10, 12, 12	2 min.	I	10		2	10		3	12		4	12	
D2. <u>Bench Dips</u>		10, 10, 12, 12		I	10		2	10		3	12		4	12	
E1. <u>Bench Pushups</u>	3	10, 10, 12	2 min.	I	10		2	10		3	12		—	—	—
E2. <u>Rope Curls</u>		10, 12, 12		I	10		2	12		3	12		—	—	—

WORKOUT D: Quadriceps, Hamstrings & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Dumbbell Goblet Squats (Band)</u>	4	12, 12, 15, 20	2 min.	I	12		2	12		3	15		4	20	
A2. <u>Seated Hamstring Curls</u>		10, 12, 12, 15		I	10		2	12		3	12		4	15	
B1. <u>Bulgarian Squats (Dumbbells)</u>	3	10, 10, 10	2 min.	I	10		2	10		3	10		—	—	—
B2. <u>Walking Lunges (Bodyweight/Band)</u>		10, 12, 12		I	10		2	12		3	12		—	—	—
C1. <u>Feet-Elevated Hip Thrusts (Band)</u>	4	15, 15, 20, 20	2 min.	I	15		2	15		3	20		4	20	
C2. <u>Jump Squats</u>		15, 20, 20, 25		I	15		2	20		3	20		4	25	
D1. <u>Leg Press (Wide Stance/Band)</u>	4	12, 12, 15, 15	2 min.	I	12		2	12		3	15		4	15	
D2. <u>Dumbbell Romanian Deadlifts</u>		10, 10, 12, 12		I	10		2	10		3	12		4	12	
<u>Frog Pumps (Band)</u>	4	20, 20, 25, 25	1 min.	I	20		2	20		3	25		4	25	

WORKOUT E: Back, Shoulders & Abs (Optional)

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Seated Rows (V-Bar)</u>	4	10, 10, 12, 12	2 min.	1	10		2	10		3	12		4	12	
A2. <u>Standing Cable Lateral Raises</u>		10, 10, 12, 12		1	10		2	10		3	12		4	12	
B1. <u>Lat Pull-Down (Chin-Up Style)</u>	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
B2. <u>Bent-Over Dumbbell Raises</u>		10, 12, 12		1	10		2	12		3	12		—	—	—
C1. <u>Standing Military Press (Barbell)</u>	4	10, 10, 12, 12	2 min.	1	10		2	10		3	12		4	12	
C2. <u>Back Extensions (Bodyweight/Band)</u>		12, 12, 15, 15		1	12		2	12		3	15		4	15	
Bird Dogs & Floor Ab Crunches	4	12, 12, 15, 15	2 min.	1	12		2	12		3	15		4	15	
Bicycle Crunches & Leg Raises	4	12, 12, 12, 12	2 min.	1	12		2	12		3	12		4	12	

WORKOUT A: Back, Shoulders & Abs

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Dumbbell Rows</u>	4	10, 10, 12, 12	2 min.	I	10		2	10		3	12		4	12	
A2. <u>Lateral Dumbbell Raises</u>		10, 12, 12, 15		I	10		2	12		3	12		4	15	
B1. <u>Lat Pull-Down (Wide Grip)</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
B2. <u>Bent-Over Dumbbell Raises</u>		10, 12, 12		I	10		2	12		3	12		—	—	—
C1. <u>Standing Dumbbell Shoulder Press</u>	4	10, 12, 12, 15	2 min.	I	10		2	12		3	12		4	15	
C2. <u>Seated Front Deltoid Raises</u>		10, 10, 12, 12		I	10		2	10		3	12		4	12	
D1. <u>Barbell Rows (Reverse Grip)</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
D2. <u>Upright Rows (Barbell)</u>		10, 12, 15		I	10		2	12		3	15		—	—	—
Ab Wheel, Russian Twist & Ab Crunches	4	15, 15, 20, 20	1 min.	I	15		2	15		3	20		4	20	

WORKOUT B: Quadriceps, Hamstrings & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Leg Press (Shoulder-Width Stance)</u>	4	10, 10, 12, 12	2 min.	I	10		2	10		3	12		4	12	
A2. <u>Dumbbell Romanian Deadlift</u>		10, 10, 12, 12		I	10		2	10		3	12		4	12	
B1. <u>Dumbbell Step-Ups</u>	4	10, 12, 12, 15	2 min.	I	10		2	12		3	12		4	15	
B2. <u>Frog Pumps (Band)</u>		15, 15, 20, 20		I	15		2	15		3	20		4	20	
C1. <u>Leg Extensions</u>	4	10, 10, 12, 12	2 min.	I	10		2	10		3	12		4	12	
C2. <u>Lying Hamstring Curls</u>		10, 10, 12, 12		I	10		2	10		3	12		4	12	
D1. <u>Barbell Hip Thrusts (Band)</u>	3	10, 10, 10	2 min.	I	10		2	10		3	10		—	—	—
D2. <u>Walking Lunges (Dumbbells)</u>		10, 10, 12		I	10		2	10		3	12		—	—	—

WORKOUT C: Chest, Biceps & Triceps

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Chest Dumbbell Press (Flat Bench)</u>	4	10, 10, 12, 12	2 min.	I	10		2	10		3	12		4	12	
A2. <u>Standing Dumbbell Curls</u>		10, 12, 12, 15		I	10		2	12		3	12		4	15	
B1. <u>Incline Dumbbell Fly</u>	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
B2. <u>Standing Hammer Curls</u>		10, 12, 15		I	10		2	12		3	15		—	—	—
C1. <u>Dumbbell Triceps Kickback</u>	4	10, 10, 12, 12	2 min.	I	10		2	10		3	12		4	12	
C2. <u>Barbell Curls</u>		10, 10, 12, 12		I	10		2	10		3	12		4	12	
D1. <u>Overhead Triceps Extension</u>	4	10, 10, 12, 12	2 min.	I	10		2	10		3	12		4	12	
D2. <u>Bench Dips</u>		10, 10, 12, 12		I	10		2	10		3	12		4	12	
E1. <u>Bench Pushups</u>	3	10, 10, 12	2 min.	I	10		2	10		3	12		—	—	—
E2. <u>Rope Curls</u>		10, 12, 12		I	10		2	12		3	12		—	—	—

WORKOUT D: Quadriceps, Hamstrings & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Dumbbell Goblet Squats (Band)</u>	4	12, 12, 15, 20	2 min.	I	12		2	12		3	15		4	20	
A2. <u>Seated Hamstring Curls</u>		10, 12, 12, 15		I	10		2	12		3	12		4	15	
B1. <u>Bulgarian Squats (Dumbbells)</u>	3	10, 10, 10	2 min.	I	10		2	10		3	10		—	—	—
B2. <u>Walking Lunges (Bodyweight/Band)</u>		10, 12, 12		I	10		2	12		3	12		—	—	—
C1. <u>Feet-Elevated Hip Thrusts (Band)</u>	4	15, 15, 20, 20	2 min.	I	15		2	15		3	20		4	20	
C2. <u>Jump Squats</u>		15, 20, 20, 25		I	15		2	20		3	20		4	25	
D1. <u>Leg Press (Wide Stance/Band)</u>	4	12, 12, 15, 15	2 min.	I	12		2	12		3	15		4	15	
D2. <u>Dumbbell Romanian Deadlifts</u>		10, 10, 12, 12		I	10		2	10		3	12		4	12	
<u>Frog Pumps (Band)</u>	4	20, 20, 25, 25	1 min.	I	20		2	20		3	25		4	25	

WORKOUT E: Back, Shoulders & Abs

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. <u>Seated Rows (V-Bar)</u>	4	10, 10, 12, 12	2 min.	1	10		2	10		3	12		4	12	
A2. <u>Standing Cable Lateral Raises</u>		10, 10, 12, 12		1	10		2	10		3	12		4	12	
B1. <u>Lat Pull-Down (Chin-Up Style)</u>	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
B2. <u>Bent-Over Dumbbell Raises</u>		10, 12, 12		1	10		2	12		3	12		—	—	—
C1. <u>Standing Military Press (Barbell)</u>	4	10, 10, 12, 12	2 min.	1	10		2	10		3	12		4	12	
C2. <u>Back Extensions (Bodyweight/Band)</u>		12, 12, 15, 15		1	12		2	12		3	15		4	15	
Bird Dogs & Floor Ab Crunches	4	12, 12, 15, 15	2 min.	1	12		2	12		3	15		4	15	
Bicycle Crunches & Leg Raises	4	12, 12, 12, 12	2 min.	1	12		2	12		3	12		4	12	