

Shoulders



Day 1

DB Lateral Raise 3 SETS / 15-20 REPS 30 SEC REST	Cable Upright Row 4 SETS / 8-12 REPS 90 SEC REST	Rope Cable Facepull 4 SETS / 10-12 REPS 90 SEC REST	Machine Shoulder Press 4 SETS - 10-12 REPS 120 SEC REST
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Legs



Day 2

Hip Thruster 4 SETS / 12-16 REPS 90 SEC REST	Leg Press 4 SETS / 10-12 REPS 90 SEC REST	Sumo Stance on Squat Machine 3 SETS / 12-16 REPS 60 SEC REST	Lying Leg Curls 4 SETS / 10-12 REPS 90 SEC REST
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Chest



Day 3

Incline Cable Press 4 SETS / 12-16 REPS 60 SEC REST	Fly Machine 4 SETS / 12-16 REPS 60 SEC REST	DB Incline Press 4 SETS / 12-16 REPS 90 SEC REST	Chest Press Machine 4 SETS / 10-12 REPS 90 SEC REST
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Back



Day 4

Wide Lat Cable Pulldown 3 SETS / 12-16 REPS 45 SEC REST	Back Row Machine 4 SETS / 10-12 REPS 90 SEC REST	DB Shoulder Shrug 5 SETS / 10-12 REPS 90 SEC REST	T-Bar Row 3 SETS / 12-16 REPS 90 SEC REST
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Legs II



Day 5

DB Lateral Lunge 3 SETS / 12-16 REPS 90 SEC REST	SL Cable Step Ups 3 SETS EACH LEG / 12-16 REPS 60 SEC REST	Alt. Reverse DB Lunge 3 SETS / 8-12 REPS EACH LEG 90 SEC REST	BW Reverse Hyper Machine 4 SETS / 16-20 REPS 90 SEC REST
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EVERY DAY - CARDIO OF CHOICE

Steady State



Warm-Up	2 MIN	$\frac{105 \text{ HR}}{115 \text{ HR}}$	Warm - up
Cardio	20-30 MIN	$\frac{130 \text{ HR}}{140 \text{ HR}}$	*Stay within range*
Cool Down	3 MIN	100 HR	Cool down to HR