

Shoulders



Rope Facepulls

3 SETS / 20 REPS
30 SEC REST

EZ Bar Upright Row

5 SETS / 12-15 REPS
60 SEC REST

Bent Over DB Lateral Raise

4 SETS / 15-20 REPS
45 SEC REST

Standing DB Military Press

4 SETS - 10-12 REPS
120 SEC REST

DB Shrug

5 SETS / 10-12 REPS
90 SEC REST

Cable Front → Overhead Raise

4 SETS / 12-15 REPS
90 SEC REST

Cardio of Choice

15 MIN



Chest



Cable Fly

4 SETS / 15 REPS
60 SEC REST

Machine Incline Press

5 SETS / 12-15 REPS
90 SEC REST

HM Flat Press

4 SETS / 10-12 REPS
90 SEC REST

DB Hammer High Incline Press

4 SETS - 15 REPS
90 SEC REST

Standing Cable Overhead → Front Pullover

4 SETS / 12-15 REPS
60 SEC REST

BW Dip Hold

4 SETS /
HOLD FOR TIME
90 SEC REST

Cardio of Choice

15 MIN



Legs



Machine Squats

5 SETS / 20 STEPS
90 SEC REST

Wide Leg Press

4 SETS / 12-15 REPS
90 SEC REST

Trap Bar Deadlift

4 SETS / 10-12 REPS
60 SEC REST

Lying Leg Curls

4 SETS / 12-15 REPS
60 SEC REST

SL Leg Ext.

6 SETS / 15- 20 REPS
30 SEC REST
BETWEEN EACH LEG

BW Walking Lung

3 SETS / 24 STEPS
90 SEC REST

Cardio of Choice

15 MIN



Back



Rope Facepulls

4 SETS / 15 REPS
45 SEC REST

DB Bent Over Row

5 SETS / 12-15 REPS
90 SEC REST

HM Wide Row

4 SETS / 10-12 REPS
90 SEC REST

Close-Grip Lat Pulldowns

5 SETS / 10-12 REPS
90 SEC REST

Standing Straight-Arm Lat Pulldowns

4 SETS / 12-15 REPS
60 SEC REST

Inverted Pull Ups

3 SETS /
TO FAILURE
60 SEC REST

Cardio of Choice

15 MIN



Whole Body



Front Squat → Military Press

3 SETS / 12-15 REPS
*3 WARM UP SETS/20 REPS
90 SEC REST

BB Rack Row → Shrug

4 SETS / 10-12 REPS
120 SEC REST

Standing Cable Fly → Cable Press

4 SETS / 12-15 REPS
90 SEC REST

DB Farmer Walk

4 SETS / 60 STEPS
120 SEC REST

Alt. Bicep Curls Drop-Set Pyramid

2 SETS / 10-12 REPS
X3 DROP SETS TO FAILURE
120 SEC REST

Box Jump

3 SETS / 60 SEC TIME
60 SEC REST