

5 Day Split Double Leg Day

Legs



Machine Squats

4 SETS / 15-20 REPS
90 SEC REST

Wide Leg Press

4 SETS / 12-15 REPS
90 SEC REST

BB RD's

4 SETS / 10-12 REPS
60 SEC REST

Lying Leg Curls

4 SETS / 12-15 REPS
60 SEC REST

SL Leg Ext.

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

DB Walking Lunge

3 SETS / 24 STEPS
90 SEC REST

Cardio of Choice

STEADY STATE
30 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

Triceps Rope Pulldown

4 SETS / 12-15 REPS
60 SEC REST

Cardio of Choice

STEADY STATE
30 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
90 SEC REST

Cardio of Choice

STEADY STATE
30 MIN



Legs II



Hip Thrusters

5 SETS / 15-20 REPS
90 SEC REST

Hack Squat

5 SETS / 10-12 REPS
120 SEC REST

KB Deep Platform Squat

5 SETS / 15-20 REPS
90 SEC REST

Bulgarian Split Squat

6 SETS / 15-20 REPS
(3 SETS EACH LEG)
NO REST

Abductor Machine

4 SETS / 12-15 REPS
90 SEC REST

SL Split DB RDL

4 SETS / 10-12 REPS
60 SEC REST

Cardio of Choice

STEADY STATE
30 MIN



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

STEADY STATE
30 MIN

