

	Week:							
	WORKOUT A							
	Muscle Group	Exercise	Sets × Reps	Rest	Sets Completed	Reps Completed	Weight Used	Notes
☐	Chest	DB Chest Press	3 x 12-15	45–60s				
☐	Triceps	Machine Press	3 x 12-15	30–45s				
☐	Shoulders	Rear Delt Flys	3 x 12-15	60s				
☐	Quads	Goblet Squat (DB)	3 x 12-15	60s				
☐	Back	Assisted Pull-Ups	3 x 12-15	60s				
☐	Biceps	Seated Incline DB Curls	3 x 12-15	30–45s				
☐	Gastroc	Standing Calf Raises	3 x 12-15	60s				
☐	Core	Plank	3 x 30–45s	30s				
	WORKOUT B							
	Muscle Group	Exercise	Sets × Reps	Rest	Sets Completed	Reps Completed	Weight Used	Notes
☐	Hamstrings	Leg Press	3 x 12-15	60–90s				
☐	Glutes	DB Walking Lunges	3 x 12-15 (each leg)	60s				
☐	Back	Bentover Barbell Row	3 x 12-15	60s				
☐	Biceps	Straight Barbell Curl	3 x 12-15	60s				
☐	Chest	Incline DB Press	3 x 12-15	60–90s				
☐	Shoulders	Smith Shoulder Press	3 x 12-15	45–60s				
☐	Triceps	Cable Extensions	3 x 12-15	60s				
☐	Core	Cable Crunch	3 x 12-15	30s				
	WORKOUT C							
	Muscle Group	Exercise	Sets × Reps	Rest	Sets Completed	Reps Completed	Weight Used	Notes
☐	Biceps	Cable Isolateral Curls	3 x 12-15	45–60s				
☐	Chest	Smith Incline Press	3 x 12-15	60–90s				
☐	Triceps	Overhead DB Triceps Extension	3 x 12-15	60s				
☐	Back	One-Arm DB Row	3 x 12-15	60s				
☐	Gastroc	Standing Calf Raises	3 x 12-15	60s				
☐	Quads	Quad Extensions	3 x 12-15	60s				
☐	Hamstrings	Romanian Deadlift (DB)	3 x 12-15	60–90s				
☐	Shoulders	Cable Lateral Raises	3 x 12-15	45–60s				