

Week 1

Bench press

3x10

Tricep kick backs

2x12to15

Single Arm KB Row

3x10

Reverse DB Flyes

2x12to15

Hammer Curls

3x10 each arm

Back Squat

3x10

Front rack Lunges

4x10

DB military Press

3x10

DB Front / lateral Raise

2x12to15

Week 2 Incline DB Bench Press

12to15/10to12/8to10/6to8

OH DB Tricep extensions

3x12to15

Bentover barbell Row

3x10

Barbell Curl

3x10to12

Pull Ups / dips

3x10 (weighted)

Front Squat

3x10

Bulgerian Split squat

2x10 each leg

Deadlift

5x5

Glute/Ham Raise

3x10

Week 3 Close Grip Bench press

4x8

Diamond Push Ups (superset ^^)

Max Rep

Single Arm KB Row

3x12 Same weight as last week

Preacher Curl

3x10 each arm

Reverse DB Flyes

3x10to12

Back Squat

4x8

Front rack Lunges

4x10 (+)

DB Arnold Press

3x12 Same weight as last week

DB Front / lateral Raise

2x10to12

Week 4 Incline DB Bench Press

10to12/8to10/6to8/4to6

OH DB Tricep extensions

3x10to12

Bentover barbell Row

3x12 Same weight as previous

Alt. Single arm DB Curl

4x10

Pull Ups / dips

3x10 (weighted) +

Front Squat

4x8

Bulgerian Split squat

2x10 +

Deadlift (deficit)

4x8

Glute/ham raise

3x12

Week 5 Bench Press

8/6/4/

Tricep kick backs

3x10

Horizontal body Row (BB in rack)

3xmax reps

Pull ups

3x8to10 (+)

Hammer Curls

3x10 each arm (+)

Back Squat

8/6/4/

KB Walking Lunges

4x12

Barbell Strict Press

3x10

Single Arm Push Press

3x12to15

Week 6 Incline DB Bench Press

5x5

Skull Crushers

3x10

Barbell Upright Row

3x10

Barbell Curl

3x8to10

Ring Dips

3xmax rep

Front Squat

8/6/4/

Bulgerian Split squat

2x10 +

Romanian Deadlift

3x10

Glute/ham raise

3x12to15

Week 7 Close grip bench

5x5

Matador Dips

3x10

Elevated Ring row

3x10

Preacher Curl  
3x10 each arm (+)  
Face Pulls  
3x15

Back Squat  
5x5  
KB Walking Lunges  
4x14

Barbell Strict Press  
3x8to10  
Single Arm Push Press  
3x10to12

Week 8 Incline Bench Press  
5/5/3/3/3  
Skull Crushers  
3x10 (+)

Barbell Upright Row  
3x10 (+)  
Alt. Single arm DB Curl  
4x8to10  
Pull Ups  
3xMax set (bodyweight)

Front Squat  
5/5/3/3/3  
Bulgerian Split squat  
2x10 +

Deadlift  
3x10  
Glute/ham raise  
3x12to15

Week 9 Bench Press  
3x3  
Tricep kick backs  
3x10 (+)

Horizontal body Row (BB in rack)  
3xmax reps  
Weighted Pull ups  
3x8to10 (+)  
Hammer Curls

3x10 each arm (+)

Back Squat

3x3

KB Walking Lunges

4x10 (+)

Barbell Strict Press

3x10

Single Arm Push Press

3x10 (+)

Week 10 Incline DB Bench Press

3x3

Skull Crushers

3x10 (+)

Barbell Upright Row

3x10

Barbell Curl

3x6to8

Ring Dips

3xmax rep

Front Squat

3x3

Bulgerian Split squat

2x10 +

Romanian Deadlift

3x10 (+)

Glute/ham raise

3x12to15

Week 11 Close grip bench

3x3

Matador Dips

3x10

Elevated Ring row

3x10

Preacher Curl

3x10 each arm (+)

Face Pulls

3x15

Back Squat

5/3/1/1/1

KB Walking Lunges

4x14

Barbell Strict Press

3x8to10

Single Arm Push Press

3x10to12

Week 12 Bench Press

5/3/1/1/1

Skull Crushers

3x10 (+)

Barbell Upright Row

3x10 (+)

Alt. Single arm DB Curl

4x10 (+)

Pull Ups

3xMax set (bodyweight)

Front Squat

5/3/1/1/1

Bulgerian Split squat

2x10 +

Deadlift

5x5

Glute/ham raise

3x15







































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