



You'll see plenty on here that could be substituted with a different piece of equipment. Make do with what you've got, and then do the work!

DAY 1: LEGS

1

HIGH-BAR BACK SQUAT

4 sets of 10 reps

Barbell Squat Barbell Squat

2

GOOD MORNING

4 sets of 10 reps

Good Morning Good Morning

SUPERSET

3

BARBELL SPLIT SQUAT

4 sets of 10 reps

One Leg Barbell Squat One Leg Barbell Squat

CABLE CRUNCH (PERFORM WITH BANDS)

4 sets of 25 reps

Cable Crunch Cable Crunch

SUPERSET

LEG EXTENSION

4 sets of 10 reps, using leg extension/curl tool off of the end of a bench. Alternately, perform goblet squats.

Leg Extensions Leg Extensions

LEG CURL

4 sets of 10 reps, using leg extension/curl tool off of the end of a bench. Alternately, perform the natural glute ham raises with your feet anchored.

Seated Leg Curl Seated Leg Curl

DAY 2: CHEST AND BACK

1

BENCH PRESS

4 sets of 10 reps

Barbell Bench Press - Medium Grip Barbell Bench Press - Medium Grip

2

PULL-UP

4 sets of 10 reps

Pullups Pullups

SUPERSET

3

INCLINE DUMBBELL PRESS

4 sets of 10-12 reps

Incline Dumbbell Press Incline Dumbbell Press

BENT OVER BARBELL ROW

4 sets of 10-12 reps

Bent Over Barbell Row Bent Over Barbell Row

SUPERSET

4

DUMBBELL BENCH PRESS (WITH FEET ON BENCH)

4 sets of 10-12 reps

Dumbbell Bench Press Dumbbell Bench Press

BAND FACE PULL (SHOWN WITH CABLE)

4 sets of 15 reps

Face Pull Face Pull

SUPERSET

5

DIPS - CHEST VERSION

3 sets of 15-20 reps

Dips - Chest Version Dips - Chest Version

INVERTED ROW

3 sets of 15-20 reps

Inverted Row Inverted Row

DAY 3: SHOULDERS

1

STANDING MILITARY PRESS

4 sets of 10 reps

Standing Military Press Standing Military Press

2

ARNOLD DUMBBELL PRESS

4 sets of 10-12 reps

Arnold Dumbbell Press Arnold Dumbbell Press

3

UPRIGHT BARBELL ROW

4 sets of 10-12 reps

Upright Barbell Row Upright Barbell Row

SUPERSET

4

FACE PULL (PERFORM WITH DUMBBELL)

4 sets of 12-15 reps

Face Pull Face Pull

DUMBBELL REAR-DELT ROW

4 sets of 15 reps

Dumbbell Rear Delt Row Dumbbell Rear Delt Row

DAY 4: BICEPS AND TRICEPS

1

CHIN-UP

4 sets of 10 reps

Chin-Up Chin-Up

2

CLOSE-GRIP BARBELL BENCH PRESS

4 sets of 10 reps

Close-Grip Barbell Bench Press Close-Grip Barbell Bench Press

SUPERSET

3

DUMBBELL SPIDER CURL (SHOWN WITH EZ-BAR)

4 sets of 12 reps

Spider Curl Spider Curl

DUMBBELL OVERHEAD TRICEPS EXTENSION

4 sets of 12 reps

Seated Triceps Press Seated Triceps Press

SUPERSET

4

INCLINE DUMBBELL CURL

4 sets of 12-15 reps

Incline Dumbbell Curl Incline Dumbbell Curl

SKULLCRUSHER

4 sets of 12-15 reps

Lying Triceps Press Lying Triceps Press