



#RoadTo185

Chest

Exercise	Rest	Sets	Reps	Weight	Notes
Flat dumbbell press	1:30	4	8		
			8		
			6		
			4		
Incline dumbbell press	1:30	4	10		Slow tempo
Flat dumbbell fly	1:30	4	12		
Hammer machine press	0:10	7	10		



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Back

Exercise	Rest	Sets	Reps	Weight	Notes
Rope upper back row	1:30	4	15		
super set					
V-bar upper back row			10		
Weighted pull-ups	1:30	3	6		
super set					
Standing cable barbell pullover			12		
Rack pull	0:40	4	5		Increase weight by 15-20 pounds each set

**#RoadTo185****Legs**

Exercise	Rest	Sets	Reps	Weight	Notes
Individual lying leg curl super set Individual legs extension	1:30	4	10		
Legs extension super set Lying leg curl	1:30	4	20 15 12 10		
Squat	1:30	4	10		4 seconds down, 1 second up Increase weight by 20-25 pounds each set
Straight leg dumbbell deadlift	1:30	3	10		



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Shoulders

Exercise	Rest	Sets	Reps	Weight	Notes
Cable upright row	1:00	4	15		Wide grip, bring shoulders high
Side dumbbell raise	1:00	4	10		
Machine hammer shoulder press	1:00	3	12		
Standing behind-the-neck barbell press	1:00	3	12		Press real low and contract shoulders at the very top
super set					
Standing front barbell press					Add more weight to front press



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Arms

Exercise	Rest	Sets	Reps	Weight	Notes
Rope curl	0:45	4	15		
Seated dumbbell curl (arms together)	1:30	4	8		Use the same weight for both exercises
super set Standing alternating dumbbell curl			max		
EZ curl (wide grip)	1:30	3	8		
super set One-arm preacher curl					
Hammer dumbbell curl (one side at a time)	1:30	3	8		
super set Reverse barbell curl			12		
Triceps pushdown	1:30	3	12		
Over-the-head EZ bar extension	1:30	3	12		
super set One-arm dumbbell extension behind-the-head					
Close push-ups	0:30	3	15		