



CHEST & ABS GROWTH

Exercise	Rest	Sets	Reps	Weight	Notes
Bench press		4	8		+ 1 dropset 8 - 6 - 4
Cable fly superset DB Pullover		4	8 10		
Incline BB press		3	8		
Incline DB fly superset Incline push up		3	10 15		
Hanging leg raises superset Crunch superset Plank		3	20 30 45-60 sec		



LEG GROWTH

Exercise	Rest	Sets	Reps	Weight	Notes
Walking barbell lunge		4	24		
Leg press superset Bodyweight Squat		4	8 20		
Straight leg deadlift (DB) superset Lying leg curl		4	8 12		
Split squat superset Legs Extension		4	8/8 6		



BACK & BICEPS GROWTH

Exercise	Rest	Sets	Reps	Weight	Notes
Lat pull down		4	10		+ 1 Dropset 10 - 8 - 6 - 4
One arm DB row		4	8		Tempo 4-0-1
Mid row superset Cable pullover		4	12 12		
Barbell Curl		4	10		+ 1 Dropset
Alternating DB curl superset One arm concentration curl		4	8		

SHOULDERS, TRICEPS & CALF GROWTH

Exercise	Rest	Sets	Reps	Weight	Notes
One leg weighted calf raises		4	8		
Standing calf raises		5	10		+ 1 Dropset 10-8-6-4
DB Press		4	10		+ 1 Dropset 10-10-8-6-4
One arm side DB raises		4	10		+ 1 Dropset (Both arms) 6 - 4
Close grip bench press		4	8		Tempo 3-0-1
Rope Extension		4	12		Tempo 4-0-1

Shoulders/Triceps

Exercise	Rest	Sets	Reps	Weight	Notes
Machine side raise	1:00	2	20		Warm-up
Seated dumbbell press	1:30	4	6		
superset					
Seated dumbbell hammer press					
One-arm side dumbbell raise	1:30	4	8		2-3 second negative on lateral raise
superset					
Side lateral raise			12		
Incline skull crusher	1:30	3	8		
One-arm rope extension	1:30	3	12		
Seated French press	1:30	3	10		
superset					
Lying down tricep extensions			15		

Biceps

Exercise	Rest	Sets	Reps	Weight	Notes
Rope curl	1:00	2	20		Warm-up
Alternating dumbbell curl	1:30	4	8		
Incline dumbbell curl	1:30	3	10		
Reverse EZ curl	1:30	3	10		
superset					
Alternating cross-body hammer curls			8		
EZ bar cable curl	1:00	3	21		21s method: 7 partial low, 7 partial high, 7 full reps