

Workout 1: (Chest, Shoulders, and Triceps)

Flat Barbell Bench Press

- 1 light warm up set of 10 reps
- 1 medium weight warm up set of 10 reps
- 2 heavier sets of 10 reps

Incline Dumbbell Bench Press

- 1 light warm up set of 15 reps
- 2 heavier sets of 10 reps



Seated Shoulder Press

- 1 light warm up set of 15 reps
- 2 heavier sets of 10 reps



Dumbbell Side Lateral Raises

- 1 light warm up set of 15 reps
- 2 heavier sets of 15 reps



Lying French Press

- 1 light warm up set of 15 reps
- 2 heavier sets of 10 reps



Tricep Cable Push Downs

- 1 light warm up set of 15 reps
- 2 heavier sets of 15 reps

Push Ups

- 3 sets of as many reps as you can do

Workout 2: (Back and Biceps)

Deadlift

- 1 light warm up set of 10 reps
- 1 medium weight warm up set of 10 reps
- 2 heavier sets of 10 reps



Wide Grip Lat Pull Down

- 1 light warm up set of 15 reps
- 2 heavier sets of 10 reps



1 Arm Dumbbell Row

- 1 light warm up set of 15 reps (per arm)
- 2 heavier sets of 10 reps (per arm)



Face Pulls

- 1 light warm up set of 15 reps
- 2 heavier sets of 15 reps



Standing Barbell Curls

- 1 light warm up set of 15 reps
- 2 heavier sets of 10 reps



Standing Dumbbell Curls

- 1 light warm up set of 15 reps
- 2 heavier sets of 10 reps

