

Arms

SU MO TU WE TH FR SA
: start : end

Tricep: Seated dips

Tricep: Close-Grip Barbell Bench Press

Bicep: Barbell Curl

Bicep: Preacher Curl

Forearm: Wrist Curls + Reverse Curls

Forearm: Grip

Arms

SU MO TU WE TH FR SA
: start : end

Tricep: French Presses

Tricep: Weighted Dips

Bicep: Incline Dumbbell Curls

Bicep: E-Z Curls

Forearm: Wrist Curls + Reverse Curls

Forearm: Grip

Chest + Back

SU MO TU WE TH FR SA
: start : end

Back Extensions

Incline Rows

Incline + Decline Bench Press

Pec Deck

Weighted Dips

Raised Push-ups

Chest

SU MO TU WE TH FR SA
: start : end

Barbell Row

Incline Row

Pec Deck

Dumbbell Incline Press

Dumbbell Fly

Bench Press

Legs

SU MO TU WE TH FR SA

: start : end

Squats

lbs 3 6 9 12

Hack Squats

lbs 3 6 9 12

Leg Abductor + Adductor

lbs 3 6 9 12

Stiff Legged Deadlifts

lbs 3 6 9 12

Lying Leg Curls

lbs 3 6 9 12

Leg Press Calf Raise

lbs 3 6 9 12

Neck +

SU MO TU WE TH FR SA

: start : end

Wrestlers' Bench

lbs 3 6 9 12

Reverse Wrestlers' Bench

lbs 3 6 9 12

Dumbbell Shrugs

lbs 3 6 9 12

Dip Shrugs

lbs 3 6 9 12

Reverse Barbell Shrugs

lbs 3 6 9 12

High Dumbbell Flies

lbs 3 6 9 12

Chest

SU MO TU WE TH FR SA

: start : end

Barbell Row

lbs 3 6 9 12

Incline Row

lbs 3 6 9 12

Pec Deck

lbs 3 6 9 12

Dumbbell Incline Press

lbs 3 6 9 12

Dumbbell Fly

lbs 3 6 9 12

Bench Press

lbs 3 6 9 12

Neck +

SU MO TU WE TH FR SA

: start : end

Wrestlers' Bench

lbs 3 6 9 12

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lbs 3 6 9 12

Dumbbell Shrugs

lbs 3 6 9 12

Dip Shrugs

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Reverse Barbell Shrugs

lbs 3 6 9 12

High Dumbbell Flies

lbs 3 6 9 12