

MUSCLES**WORKOUTS****REPS/MIN****SETS****ARM WORKOUT**

Bicep Curls	10-15	3
Reverse Curls	10-15	3
One Arm Swing	10-15	3
Cross Body Hammer Curls	10-15	3
Barbell Curls	10-15	3
Lying Triceps Press	10-15	3
Olympics Barbell Curls	10-15	3
Skull Crushers	10-15	3

**COMPOUND
WORKOUT**

Deadlifts	12-15	3
Bench Press	12-15	3
Pull Ups	12-15	3
Push Ups	12-15	3
Dumbbell Lunges	12-15	3

MUSCLES**WORKOUTS****REPS/MIN****SETS****LEG WORKOUT**

Squats	14-15	3
Hamstring Curls	14-15	3
Step Ups	14-15	3
Barbells Squats	14-15	3

**SHOULDER
WORKOUT**

Shoulder Press	12-15	3
Military Press	12-15	3
Rear Flyes	12-15	3
Lateral Raises	12-15	3

ABS WORKOUT

Crunches	12-15	3
Hanging Reverse Crunches	12-15	3
Weight Loaded Reverse Crunches	12-15	3
Leg Rises	12-15	3

CHEST WORKOUT

Flat bench Press

12-15

3

Incline Bench Press

12-15

3

Dumbbell Press

12-15

3

Chest Flyes

12-15

3

