

Monday: Back

Wide-Grip Pull-Ups 4×12-15

https://youtube.com/shorts/wtBFISeMNPE?si=lsJ203_egd6clq9N

Wide-Grip Machine Pulldowns 4×12-15

<https://youtu.be/YCKPD4BSD2E?si=KYgsdFpl1e98haHe>

Close-Grip Pulldowns 3×12-15

<https://youtube.com/shorts/e3S820r53uk?si=jGDloxd5fUkzfSTd>

Close-Grip Seated Rows 3×12-15

https://youtu.be/oS_QPtHvgLw?si=33Wq8xUyGJYE6pMe

Barbell Bent Over Rows 4×12-15

<https://youtube.com/shorts/Nqh7q3zDCoQ?si=U5MMtnxZW7KNedQT>

Deadlifts 4×8-10

https://youtube.com/shorts/6IWB_OKepmo?si=MKZc_OxskvS5XHku

Tuesday: Arms/Abs

Tricep Dips 4×8

<https://youtu.be/qrS6aa0aQ9I>

Single-Arm Tricep Cable Pushdown 3×10-12

<https://youtu.be/RhkRr9eyOzQ>

Skull Crusher 3×10-12

<https://youtu.be/l3rHYPtMUo8>

EZ Barbell Curls 3×8-10

<https://youtu.be/kwG2ipFRgfo>

Single-Arm Dumbbell Curl 4×8-10

<https://youtu.be/iixND1P2lik>

Hammer Curls 3×8-10

<https://youtu.be/CFBZ4jN1CMI>

Sit-Ups 4×50

<https://youtu.be/T3XsCC2Td1g>

Side Oblique Twists 3×20

<https://youtu.be/hRIdAjDs08Q>

Weighted Crunches 3×12-15

https://youtu.be/Pxkw6dUt_Ok

Wednesday: Quads

Squats 4×10

https://youtu.be/qy_VBX2KWDA?si=oNQUqHVra-tfuH1F

Hack Squats 3×8-10

<https://youtu.be/pEGfGwp6IEA?si=z7d6sXYMPxbRzEtD>

Leg Press 3×12

https://youtu.be/yZmx_Ac3880?si=NaU-ZnU8GUXfAB0G

Leg Extensions 3×12-15

https://youtu.be/m0FOpMEgero?si=DE8WcP27w5U_fPvN

Thursday: Shoulders

Side Lateral Raises 4×10-12

<https://youtube.com/shorts/G-piLwLu0d4?si=YLaEH5IFJ0rE--hR>

Shoulder Press 3×8-10

<https://youtube.com/shorts/dyv6g4xBFGU?si=4Uqbw1qmK2lbtT7c>

Straight Arm Front Raise 3×15

<https://youtube.com/shorts/seSFBTfaOPA?si=hEj3NGSMJuXu57CH>

Rear Delts with Cable Machine 3×15

<https://youtube.com/shorts/TxoDSfcObdU?si=WRefBODYECg5m9a2>

Front Shrugs with Olympic Bar 3×15

<https://youtube.com/shorts/MlqHEfydPpE?si=tnLl91mZ6nl3o26p>

Rear Shrugs with Olympic Bar 3×15

https://youtube.com/shorts/kG4qXCyVITg?si=sIF4TUJcwK-Pq_kp

Friday: Chest/Abs

Incline Press with Olympic Bar 4×10-12

<https://youtube.com/shorts/MRmeUet5VUw?si=hT4h8WdYEUG6nC7i>

Flat Dumbbell Press 4×10-12

<https://youtube.com/shorts/SidmT09GXz8?si=WjIEhwmkg25Sbnf6>

Cable Flyes 4×10-12

<https://youtu.be/PRw7ieDBLI4?feature=shared>

Incline Dumbbell Flyes 3×12-15

<https://youtu.be/JSDpq14vCZ8?si=qGaRzfdOPGHL2J3t>

Straight-Leg Hanging Leg Raises 3xFailure

https://youtu.be/7FwGZ8qY5OU?si=SCYj_vftpa4UqL20

Abdominal Crunches on Machine or Cables 3×12-15

https://youtu.be/V7p_DmkYlZw?si=K9Mu1BiVQSLBINNX

Cable Woodchop 3×15-20

https://youtu.be/yPvAj_X_5NM?si=k8aoMvqqHFkQE_jk

Saturday: Hamstrings/Calves

Single-Leg Seated Hamstring Curl 4×10-12

https://youtu.be/h5NievMGthk?si=-FyLziC-GBSjw_s1

Stiff-Leg Lying Leg Curl 4×10-12

<https://youtu.be/xKOyGU0AfoE?si=4ss3jTgV-2AFJTXr>

Weighted Walking Lunges 3×10

<https://youtu.be/8fZxWTiJWo?si=XLt8Bu1pF0XV3-Ky>

Seated Calf Raises 3×10

<https://youtu.be/2Q-HQ3mnePg?si=vB1r5ArRbExM5uMR>

Smith Machine Calf Raise 3×30

<https://youtu.be/ofEDDXpFgj8?si=VcTBftvdm0kE069c>

Sunday: Rest day
Recovery