

Rishi

Dynamics

4 sets of each

10 reps

3:1 Tempo

Day 1

Chest and back

Warm up

1. Flat bench press
2. Front lat pulls
3. Flat dumbbell press
4. Seated rowing
5. Pec flys
6. Shrugs
7. push ups

Day 2

Legs

1. Sumo squats
2. Leg press
3. Snatch grip dead lift
4. Leg curls
5. Hip thrust
6. Leg extension

7.Step ups

8.Hyper extension

Day 3

Shoulder & Arms

1.MC shoulder press

2.Cable flys

3.Reverse fly's

4.Cable biceps curls

5.Cable over head tri extension

6.EZ preacher curls

7.Dips

Day 4

Cardio and core