

DAY 1

4 sets of 8 to 10 each

CHEST

flat flye machine
cables low
incline flyes
dumbbell incline press

LEGS

leg press
seated leg curl
seated calf raise
adductor machine

DAY 2

4 sets of 8 to 10 each

BICEPS

curl bar
one arm preacher
rope curl-ups

TRICEPS

cable push-down
dumbbell skull crushers
dumbbell kick-backs

ABS

decline sit-up
torso twists
dumbbell oblique crunch

DAY 3

4 sets of 8 to 10 each

BACK

rear pull-down
T-bar row
close-grip pull-down
wide bar pull-over

SHOULDERS

military press
barbell shrugs
dumbbell lateral flyes
dumbbell front flyes

DAY 4 - OFF**DAY 5**

4 sets of 8 to 10 each

CHEST

flat press
decline flyes
incline flyes
cables high

LEGS

leg extension machine
prone leg curl
lunges
hack squat

DAY 5

4 sets of 8 to 10 each

BICEPS

standing dumbbell curl
biceps machine
incline seated hammer

TRICEPS

barbell extensions
barbell skull & press
cable kick-downs

ABS

rope ab pulldowns
ab machine
medicine ball twists

DAY 7

4 sets of 8 to 10 each

BACK

front pull-downs
seated row machine
dumbbell rows
lat ropes

SHOULDERS

press machine
rear flye machine
upright rows
rear cables

DAY 8 - OFF