

Schema:

Ma	reps/ sets	Di		Do		Vr	
Chest/Back/ Arms		Legs/ Shoulders		Chest/Back/ Arms		Legs/ Shoulders	
Incline Bench Press	10x10	Squats	10x10	Dumbbell Rows	10x10	Lunges	10x10
Close Grip Pulldowns	10x10	Standing Overhead Press (barbell)	10x10	Flyes	10x10	Face Pulls	10x10
Triceps Extensions	2x20	Leg Curls	2x20	Hammer Curls	2x20	Goblet Squats	2x20
Bicep Curls	2x20	Reverse Flyes	4x20	Triceps Rope Pushdown	2x20	Lateral Raises	4x20
+Calves (smith machine raises)	4xfailure			+Calves	4xfailure		

Ma	KG	Di		Do		Vr	
Chest/Back/ Arms		Legs/ Shoulders		Chest/Back/ Arms		Legs/ Shoulders	
Incline Bench Press	70%5x5	Squats	70%5x5	Dumbbell Rows	60%4x8	Lunges	60%4x8
Close Grip Pulldowns	70%5x5	Military Press	70%5x5	Flyes	60%4x12	Face Pulls	60%3x12
Triceps Extensions	60%4x10	Leg Curls	60%4x10	Hammer Curls	60%4x10	Goblet Squats	50%4x10
Bicep Curls	60%4x12	Reverse Flyes	6 kg/DB	Triceps Rope Pushdown	60%4x10	Lateral Raises	8kg/DB
+Calves				+Calves			

