

LB 1

Barbell Box Squat
Barbell Romanian Deadlift
Barbell Front Squat
Hyperextensions, weighted
Barbell Standing Calf Raise
Cable Reverse Wood Chops

UB 1

Barebell Bench Press
Wide Grip Lat Pulldown
Barebell Shoulder Press
T-Bar Row
Dumbbell Shoulder Shrug
Barebell Close Grip Bench Press
Cable Standing Curl

LB 2

Barebell Full Squat
Barebell Deadlift
Leg Press Machine
Seated Leg Curl
Sled 45-degree Calf Raise
Cable Kneeling Pulldown

UB 2

Dumbbell Bench Press
Chin-up
Dumbbell Incline Bench Press
Barebell Bent over Row
Dumbbell Seated Bent Over Reverse Fly
Dumbbell Lying Supine Two Arm Triceps
Cable Rope Hammer Curls