

## LEGS: QUADS FOCUS

	Exercise	Reps	Sets
A1	barbell back squats	5	5
B1	leg press	6-8	4
C1	barbell reverse lunges	8 each leg	4
D1	leg extensions	12	4
D2	narrow goblet squats	12	4
E1	seated calf raises	15	4

## PUSH WORKOUT

	Exercise	Reps	Sets
A1	bench press	5	5
B1	barbell military press	6-8	4
C1	incline db chest press neutral grip	8-10	4
D1	cable chest flys	12	4
D2	db lateral raise	12	4
E1	ez bar skull crushes	8	3
E2	cable tricep extensions	12	3

## LEGS: GLUTES AND HAMSTRING FOCUS

	Exercise	Reps	Sets
A1	barbell deadlifts	5	5
B1	barbell hip thrusts	6-8	4
C1	leg press high and wide	8 each leg	4
D1	leg curls	12	4
D2	db romanian deadlifts	12	4
E1	standing calf raises	15	4

## PULL WORKOUT

	Exercise	Reps	Sets
A1	pull ups/negative pull ups	5	5
B1	pendlay row	6-8	4
C1	lat pull down	8	4
D1	db bench row	12	4
D2	stiff arm pull down	12	4
E1	ez bar preacher curls	8-10	3
E2	cable rope hammer curls	12	3