

Day 1	Day 1	Day 2	Day 3	Day 4	Day 5
a. Pin or Floor Press (5x3)					
a. Wtd Chinup (5x3)					
b. Pause DB Bench (3x6)					
b. Cable Row (3x8)					
c. BB Curl (3x8)					
c. BB Overhead Press (3x8)					
c. DB Shrug (3x10)					

Day 2	Day 1	Day 2	Day 3	Day 4	Day 5
a. Hang Clean (5x2)					
a. Standing Wheel (5x8)					
b. Squat (5x3)					
b. DB Side Bend (5x10)					
c. Back Extension (3x12)					
c. Decline Situp (3x12)					

Day 3	Day 1	Day 2	Day 3	Day 4	Day 5
a. DB Push Press (5x3)					
a. Hanging Leg Raise (5x8)					
b. Pin Pull (5x3)					
b. Wtd Russian Twist (5x12)					
c. DB Rack Lunge (3x6)					
c. Ball Leg Curl (3x12)					