

3 Sets Of 10	Week 1--ADAPTATION				
	Day 1	Day 2	Day 3	Day 4	Day 5
	Bench press	Squat	DB military	Seat row	Squat
	DB incline	Lunges	Upright row	Pull Ups	Lunges
	DB fly	Leg ext	Lat raise	CG lat pull	Leg ext
	BB curl	Leg Curl	Nosebreak	Rev fly	Leg Curl
	Dips	Calf raises	Hanging Abs	Leg curl	Calf raises
Crunches	Lat Pull	Rev curl	Lunges	DB Curl	
3 Sets Of 10	Week 2--ADAPTATION				
	Day 1	Day 2	Day 3	Day 4	Day 5
	Bench press	Wide Pull Ups	Squat	DB military	Wide Pull Ups
	Bench press Incline	Lateral rasies	Power Cleans	Shrugs	Lateral rasies
	DB fly	Lat pull	Leg ext	Lat raise	Lat pull
	BB curl	Rev fly	Con Curls	Nosebreak	Rev fly
	Concentration Curls	Leg curl	Calf raises	CG Bench press	Leg curl
Reverse Curl	Push Ups	Neck Machine	Tricep Pushdown	Push Ups	
3 sets 8,6,4 Reps	Week 3--HYPERTROPH				
	Day 1	Day 2	Day 3	Day 4	Day 5
	Bench press	BO row	Squat	Pull ups	Incline BB
	Incline DB	Push Press	Lunges	BO Rows	DB Bench press
	Wide chest	Con Curls	Leg ext	Lat pull	Push Ups
	Incline DB fly	Close Grip Lat Pull	Leg curl	Close Grip	DB Flyes
	EZ curl	Nosebreakers	Hanging Abs	Nosebreakers	Reverse Curl
Incline DB curl	CG Bench press	Calves	CG Bench press	Incline DB curl	
Hanging Abs	Tricep Pushdown		Tricep Pushdown	Concentration Curls	
3 sets 5,4,3 Reps	Week 4--STRENGTH				
	Day 1	Day 2	Day 3	Day 4	Day 5
	Bench press	Bent Over Row	Squat	Bent Over Row	Incline BB
	Db Incline	Reverse Curl	Hanging Abs	Pull Overs	Incline DB
	Wide Bench press	Lat Pull	Leg ext	Reverse Fly	CG Chest
	DB fly	DB Bench	Leg curl	Lat pull	DB Flyes
	BB curl	L Dips	Lunges	Con Curls	BB curl
Dips	Nosebreakers	Calf Rasies	L Dips	Dips	
Hammer curl	Tricep Pushdown		Kick Backs	Hammer curl	
3 sets 10,8,6 Reps	Week 5--HYPERTROPH				
	Day 1	Day 2	Day 3	Day 4	Day 5
	Bench press	Bent Over Row	Squat	Bent Over Row	Incline BB
	DB Incline	Pull Ups	Lunges	Lat Raises	DB Bench press
	DB Bench press	Push Ups	Leg ext	Pull Ups	Incline DB
	Incline fly	Close Grip Lat Pull	Leg curl	Lat pull	DB fly
	Concentration Curls	Nosebreakers	Hanging Abs	Nosebreakers	Dips
Hammer Curl	L dips	Calf Raises	L dips	Hammer Curl	
Incline DB curl	Kickback		Kickback	Incline DB curl	
4 Sets 13 Reps	Week 6--ENDURANCE				
	Day 1	Day 2	Day 3	Day 4	Day 5
	Bench press	Bent Over Row	Squat	Incline BB	Bent Over Row
	Incline DB	Hanging Abs	Lunges	DB Bench press	Upright Row
	Pull Overs	Lat Pull	Leg ext	L Dips	Power Cleans
	Push Ups	Close Grip Lat Pull	Leg curl	DB fly	Lat pull
	BB curl	Nosebreakers	Hanging Abs	BB curl	Nosebreakers
Kick Backs	CG Bench press	Calf Raises	Dips	CG Bench press	
Concentration Curls	Tricep Pushdown		Concentration Curls	Tricep Pushdown	