

Day 1 – Chest and Triceps

Exercise	Muscles Worked	Reps/Sets
Chest Press	Chest, Deltoids, Triceps	6-12 reps, 3 sets
Dumbbell Pullover	Lats, Chest, Triceps	6-12 reps, 3 sets
Chest Flyes	Chest	6-12 reps, 3 sets
Tricep Kickbacks	Triceps	6-12 reps, 3 sets
Tricep Overhead Extensions	Triceps	6-12 reps, 3 sets

Day 2 – Legs and Core

Exercise	Muscles Worked	Reps/Sets
Goblet Squat	Quads, Glutes, Hamstrings, Calves	6-12 reps, 3 sets
Single Dumbbell Overhead Squat	Quads, Glutes, Hamstrings, Calves, Shoulders, Lats, Core	6-12 reps, 3 sets
Bulgarian Split Squat	Quads, Glutes, Hamstrings, Calves	6-12 reps, 3 sets
Single Straight Leg Deadlift	Glutes, Hamstrings, Calves	6-12 reps, 3 sets
Russian Twists	Core	6-12 reps, 3 sets
Dumbbell V Ups	Core	6-12 reps, 3 sets

Day 3 – Back and Biceps

Exercise	Muscles Worked	Reps/Sets
Bent Over Row	Back, Biceps	6-12 reps, 3 sets
Dumbbell Renegade Row	Back, Core, Shoulders	6-12 reps, 3 sets
Dumbbell Reverse Fly	Upper Back, Shoulders	6-12 reps, 3 sets
Isometric Dumbbell Row Hold	Back, Biceps	6-12 reps, 3 sets
Bicep Curl	Biceps	6-12 reps, 3 sets
Hammer Curl	Biceps, Forearms	6-12 reps, 3 sets

Day 4 – Shoulders, Legs and Core

Exercise	Muscles Worked	Reps/Sets
Shoulder Press	Shoulders	6-12 reps, 3 sets
Lateral Raise	Shoulders	6-12 reps, 3 sets
Upright Row	Shoulders, Back	6-12 reps, 3 sets
Shrug	Shoulders	6-12 reps, 3 sets
Overhead Squat Press	Shoulders, Lats, Quads, Glutes, Hamstrings, Calves	6-12 reps, 3 sets
Dumbbell Wood Chop Lunges	Core, Quads, Glutes, Hamstrings, Calves	6-12 reps, 3 sets