

Friday

Incline Dumbbell Press (30 degree incline): 5-8, 6-8, 8-10 (RPT)
Flat DB Bench Press: 2 x 8-12 reps

Sternum Pull ups: 6, 6, 6 (RPT)
Cable Rows: 2 x 10-15 reps

Incline Dumbbell Curls: 5-8, 6-8, 6-8, 6-8 (RPT)
Cable Rope Hammer Curls: 2 sets x 10-15 reps

Machine Rear Delt Flyes: 15-20, 4-6, 4-6, 4-6 (Rest Pause)

Notes

The Workout is identical to the first phase. The only difference is we are increasing the training volume to elicit further muscle gains. On each main exercise, you will be adding another exercise to work the same muscle group. For the bonus exercises, don't kill yourself. They shouldn't feel like torture, but your working muscle should feel crazy activated.

So after you complete your incline press, you will perform flat dumbbell bench presses. Use a weight you can do comfortably for 8-12 reps. When you can do two sets for 12 reps, increase the weight the next workout.

For cable rows, perform the exercise with a weight you can do for 10-15 reps. When you can do two sets for 15 reps, increase the weight the next workout.

After incline curls, you will perform two sets of cable rope hammer curls. Pick a weight you can do for 10-15 reps. When you can do both sets for 15 reps, increase the weight the next workout.