

Monday

Dumbbell Shoulder Press: 4-6, 6-8, 6-8 (RPT)

Bradford Barbell Press: 2 x 6-8 reps

One Arm Forward Lean Hammer Curl: 5-8, 6-8, 6-8, 6-8 (RPT)

Standing Cable Curls: 2 sets x 10-15 reps

One Arm Overhead DB Triceps Extension: 5-8, 6-8, 8-10 (RPT)

Cable Rope Pushdowns: 2 sets x 10-15 reps

Dumbbell Lateral Raises: 15-20 + 4-6, 4-6, 4-6

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 shoulder presses, you will perform a bradford press. Use a weight you can do comfortably for 6-8 reps. A full rep is when you lift the barbell from the top of your chest to the back of your neck and back to your chest/collar bone. The same applies for standing cable curls and cable rope push downs.