

On this program, our four major key lifts will be as follows:

Incline DB Press
Seated DB Shoulder Press
Incline Dumbbell Curls
Bulgarian Split Squats
Rack Pulls

Make no mistake, you will be performing many more exercises, and you will be making strength gains on those lifts, but these are our primary movements we will be focusing on.

The incline dumbbell press and shoulder press, are crucial in developing a strong, muscular and powerful physique. These two exercises set the stage for an incredible upper body.

Making strength gains on these lifts will result in a fuller and more developed and masculine look. Your shoulders will fill up and your upper chest will pop perfectly.

The bulgarian split squats will also develop your thigh's perfectly. And the rack pulls will develop strong glutes, hammies and a powerful back (top to bottom).

In the 3 months on this program, you should be able to increase your strength by 15 lbs per dumbbell on your incline press and shoulder press. Meaning, each month you will be going up 5 lbs on your lifts.

On your incline dumbbell curls, you should be able to go up 10 lbs per hand over the 12 week program. On bulgarian split squats, you should also be able to go up 10-15 lbs per hand.

Finally, with rack pulls, you'll be increasing 60 lbs over the next 3 months.

Overall, this will result in dramatic changes to your physique and athleticism.

3 Month Goals

Incline DB Press: +15 lbs per hand
DB Shoulder Press: +15 lbs per hand
DB Curls: +10 lbs per hand
Bulgarians: +10 lbs per hand
Rack Pulls: +60 lbs per hand