

Thursday:

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

Zercher Squats: 3x3-5

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

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

Dumbbell Upright Rows: 15-20, 4-6, 4-6, 4-6 (Rest Pause)

Sunday:

Incline Dumbbell Press (30 degree incline): 5-8, 6-8, 8-10 (RPT)

Pistol squats 3x3-5

Chest to bar Pull ups: 6, 6, 8 (RPT)

Incline Dumbbell Curls: 5-8, 6-8, 6-8, 6-8 (RPT)

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

Increase volume after 2 weeks and repeat for 2 more weeks

Thursday:

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

Bradford Barbell Press: 2 x 6-8 reps

Zercher Squats: 3x3-5

*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

Sunday:

*Incline Dumbbell Press (30 degree incline): 5-8, 6-8, 8-10 (RPT)

Flat DB Bench Press: 2 x 8-12 reps

Pistol squats 3x3-5

*chest to bar Pull ups: 6, 6, 8 (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)

Increase volume after 2 weeks and repeat for 2 more weeks

Thursday

Incline Barbell Bench Press: 5, 5, 8 reps (RPT)
Zercher Squats: 3x3-5
Weighted Dips: 6, 8 reps (RPT)
Standing Hammer Curls: 5-8, 5-8, 5-8, 5-8 (RPT)
Rope Pushdowns: 6-8, 8-10, 10-12 (RPT)

Sunday

Standing Press: 5, 5, 8 (RPT)
Weighted Pull ups: 5, 5, 8 (RPT)
Barbell Curls: 4-6, 4-6, 6-8 (RPT)
Cuban Presses: 12-15 + 4-6, 4-6, 4-6

Increase volume after 2 weeks and repeat for 2 more weeks

Workout A -

Thursday

- Incline Bench Press: 5, 6, 8 (Reverse Pyramid)
- zercher squats 3x5
- Low Incline Dumbbell Flyes: 12 10, 8, 6 (Standard Pyramid)
- Rope Pushdowns: 6-8, 8-10, 10-12 (Reverse Pyramid)
- Wide Grip Upright Rows: 10-20 +6-8,6-8,6-8 (Rest-Pause)

Workout B -

Sunday

- Weighted Pullups: 5, 6, 8 (Reverse Pyramid)
- Bulgarian Split Squats: 6-8, 8-10, 10-12 (Reverse Pyramid)
- Incline Dumbbell Curls: 4-6, 6-8, 6-8 (Reverse Pyramid)
- Hammer Rope Cable Curls: 12, 10, 8, 6 (Standard Pyramid)
- Bent-Over DB Flyes: 12, 10, 8, 6 (Standard Pyramid)

Workout C -

Tuesday

- Seated Dumbbell Shoulder Press: 4-6, 6-8, 8-10 (Reverse Pyramid)
- Dumbbell Lateral Raises: 12-20 +4-8,4-8,4-8 (Rest-Pause)

optional

- Bulgarian Split Squats: 6-8, 8-10, 10-12 (Reverse Pyramid)
- Seated Calf Raises: 12, 10, 8, 6 (Standard Pyramid)