

### Workout A (Monday)

Incline Barbell Bench Press: 6-8, 8-10 (RPT)

Standing Barbell press: 6-8, 8-10 (RPT)

Incline DB Curls: 6-8, 6-8, 6-8 (RPT)

Hammer Curls: 8-10, 10-12 (RPT)

Lateral Raises: Rest Pause

### Workout B (Wednesday)

Front Squats: 4-6, 4-6, 4-6 (RPT)

Romanian Deadlifts: 8-10, 8-10, 10-12 (RPT)

Reverse Lunges: 6-8, 6-8 (RPT)

Hanging Knee Raises: 3 sets x 8-15 reps

### Workout C (Friday)

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

Weighted Pull ups: 6-8, 6-8 (RPT)

Cable Rows: 8-10, 10-12 (RPT)

Triceps Pushdowns: 8-10, 10-12, 10-12 (RPT)

Bent Over Flyes: rest pause

\* RPT = Reverse Pyramid Training