

### Workout A (Monday)

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

Flat Barbell Bench Press: 8-10, 10-12 (RPT)

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

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

Lateral Raises: Rest Pause

### Workout B (Wednesday)

Power Cleans: 4-6, 4-6, 6-8 (RPT)

Bulgarian Split Squats: 6-8, 6-8, 8-10 (RPT)

Hip Thrusts: 8-10, 10-12, 12-15 (RPT)

Leg Extensions: 10-12, 10-12, 10-12 (RPT)

### Workout C (Friday)

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

Weighted Dips or Close Grip Bench: 8-10, 10-12 (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