



REGAN GRIMES

BIGGER BY THE
REP
BULKING PROGRAM

Weights | 180 lb - 210 lb



ReganGrimesFitness.com

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Introduction



Welcome to my brand new Bigger by the Rep Bulking Program! Many of you have followed me along my journey in bodybuilding and I can't thank you guys enough for your support! I've developed this program to help those with the same struggles I went through starting out building up lean muscle mass. I couldn't write my current plan because what works for me now may not work for those of you who aren't as developed and experienced, however this plan is a perfect way to break through any current training plateaus you may be experiencing

Throughout this program you will be challenged not only to physically work out, but also to have the self discipline to eat which in itself feels like a job. Let me be the first to tell you if you are eating so much that it feels like a JOB then you are doing it exactly right. Building muscle is not in itself hard, however it takes daily consistency. Here's the number one secret I give away to you, don't miss your workouts or meals. That's how I was able to continue to make gains was by making sure I didn't give into EXCUSES and always made it to the gym.

If you are like me when you hit the gym to bulk you perhaps had a plan with you with various exercises and rep schemes! This is the best way to achieve the ultimate workouts to lead to muscle growth. You must have a plan and stick to it to execute!! Muffin pumps certainly help too!

Nothing worth having comes easy!



Bulking 10 Commandments

1. You must eat to grow - your body will only change as much as you allow to fuel it properly! Bulking is most painstaking by constantly feeling like you are stuffing your face. That's normal and part of the system. Everyone who puts on sizeable muscle goes through this "omg, I don't want to eat anything more" moments. Embrace it.
2. Rest adequately - people often undermine the importance of getting good rest. Rest to repair. Rip, rest, repair, repeat!
3. Don't neglect training advice - everyone can always learn something from advice given. There are those who submit too much, sometimes unwanted, and other veterans who have worked years to get to where they are. Don't ever let your ego prevent you from learning.
4. You must train LEGS - Your body grows proportionately with other parts. Want another 2 inches on your arms? Well you need another 10-20 pounds in your body as a whole. Where are you going to put all this weight if none of it is going into your legs. Not only that, but training your legs releases chemicals in your body that makes all your muscles grow better.

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5. Don't overtrain - it is very important to be consistent however understand the importance of resting and repairing so you don't lose any gains
 6. Post workout recovery shake - make sure to include plenty of easily digestible carbs and protein in the post workout period of 1-3 hour.
 7. Use both dumbbells and machines - here is nothing wrong with occasional use of machines. They isolate the muscle you are trying to hit much better than a dumbbell can. The only thing wrong here is that you don't need to isolate the muscle all the time. You need to build on those stabilizer muscles or you will never get strong. Use machines, dumbbells and cables all in your workouts to add the variety that your body needs in order to grow.
 8. Don't commit gym idiocy - But the overall idea almost always can be summed up with the following tips:
 - Don't make excessive noise (by screaming, slamming/dropping weights)
 - Wipe up sweat!
 - Don't hog equipment
 - Don't talk on cell phones/with anyone excessively in the gym
 - DO NOT fill up water bottles when people are waiting to drink
 9. Don't complain about being a hardgainer - gaining muscle is hard, plain and simple. People whine that they can't grow because they are hard gainers, and it's just not in them to be strong, but some of these people are just making excuses to be lazy. Try harder, eat more, and train well. Size will come with time.
 10. Don't quit - Don't give up after a few weeks of training if you aren't seeing the results you need. Bodybuilding takes time, an entire lifetime to be exact, the longer you do it, the more results you see. But quitting means you lose it all. Bodybuilding really gives meaning to the phrase "if you don't use it, you lose it". Keep going with it. Grind it out and you will get to where you want to be!

4784 kCal Plan | 180 lb - 210 lb

478 Cal | 418 Pro | 132 Fat

EX. TIME: 6:30 AM

MEAL
1

6 Egg Whites
1 Whole Eggs
45 Carb Cream Of Rice

EX. TIME: 9:00 AM

MEAL
2

6 Oz Salmon
1 C Rice

EX. TIME: 9:00 AM

PRE-TRAINING

50 g Intra Carbs Drink
10 g BCAA
5 g Creatine

EX. TIME: 12:00 PM

MEAL
3

8 Oz Chicken
2 C Rice

EX. TIME: 3:00 PM

MEAL
4

6 Oz Salmon
2 C Rice

EX. TIME: 6:00 PM

MEAL
5

8 Oz Chicken
2 C Rice

EX. TIME: 9:00 PM

MEAL
6

6 Oz Steak
3 Whole Eggs
1 C Rice





What exactly is meal prepping? Meal prepping is the preparation of all your meals in advance. Meal prepping is important because you are able to eat within your goals without having to cheat or find alternatives that may be unhealthy. Meal prepping is also important for when you are on the go or have a super busy schedule and need to keep your meals with you.

I prefer to prep my meals for 2 days in advance, Sundays and Wednesdays. If Sunday doesn't work, split meal prep into two days. This will cut down on the session length and definitely preserve the quality of your food. Sunday and Wednesday are usually a good pair, but find any two days that work best for you. You can keep up 2 to 3 days worth of meals in your refrigerator, anything further should be freezed. An important tip is before you store your meals, make sure you let them cool down to nearly room temperature. I prefer a BPA free plastic or glass container. When prepping for the week, the maximum that I recommend preparing in advance is 5 days worth of food

It is important you prepare your grocery list to accommodate your meal goals for your 2 to 3 days. Follow the ratios and serving sizes on the meal program included in this document.

Spending an hour or so preparing the meals for the next few days assures you that you have the right ingredients and you will consistently hit your eating targets. The right bodybuilding meal prep can go a long way towards improving your results both in what you are consuming and in building your muscles.




Although supplements are not 100% necessary for muscle growth they certainly make your gains come faster and easier. I will lay them out in order of importance to my belief system.

Multivitamin - this is a fundamental supplement to make sure you properly ensure you are acquiring all your micronutrients needed to optimize your metabolism.

Creatine - perfect for high-intensity and heavy weight training, creatine helps your body mass increase as well as increase more energy so you can work harder and achieve more.

Protein - hands down, protein is a necessity when bulking and gaining muscle. For optimal growth you need protein (or amino acids). Amino acids are the building blocks of your muscles and body. Protein is needed to maintain, build, and repair all muscle!

BCAAs - Branched-Chain Amino Acids help with reducing muscle soreness, sustaining muscle mass, and supporting newly developing muscle growth. BCAAs help your body produce insulin, which helps your body turn sugars into energy.

Term	Definition
MUFFIN PUMP (Indicated by  Muffin Icon)	Regan's popular light pump up set designed to pump up with the muscle with blood and nutrients
Warm Up (WU)	Extremely light sets designed to get the blood flowing, heart rate increased, and nervous system for your body to move weight
Triple Drop Set	One you complete your first set, you drop the weight AND reps together for the second immediately superset, and again for a third set
Pyramid Up	Continue to add weight/resistance each subsequent set as the repetitions change
Pyramid Down	Continue to decrease weight/resistance each subsequent set
To Failure	Complete as many repetitions as you can until the muscle burns out and cannot complete another rep with decent form

Here's My 6 Day Training Split

MONDAY
Quads & Calves

TUESDAY
Chest & Triceps

WEDNESDAY
Back & Biceps

THURSDAY
Shoulders

FRIDAY
Hamstrings

SATURDAY
Biceps & Triceps

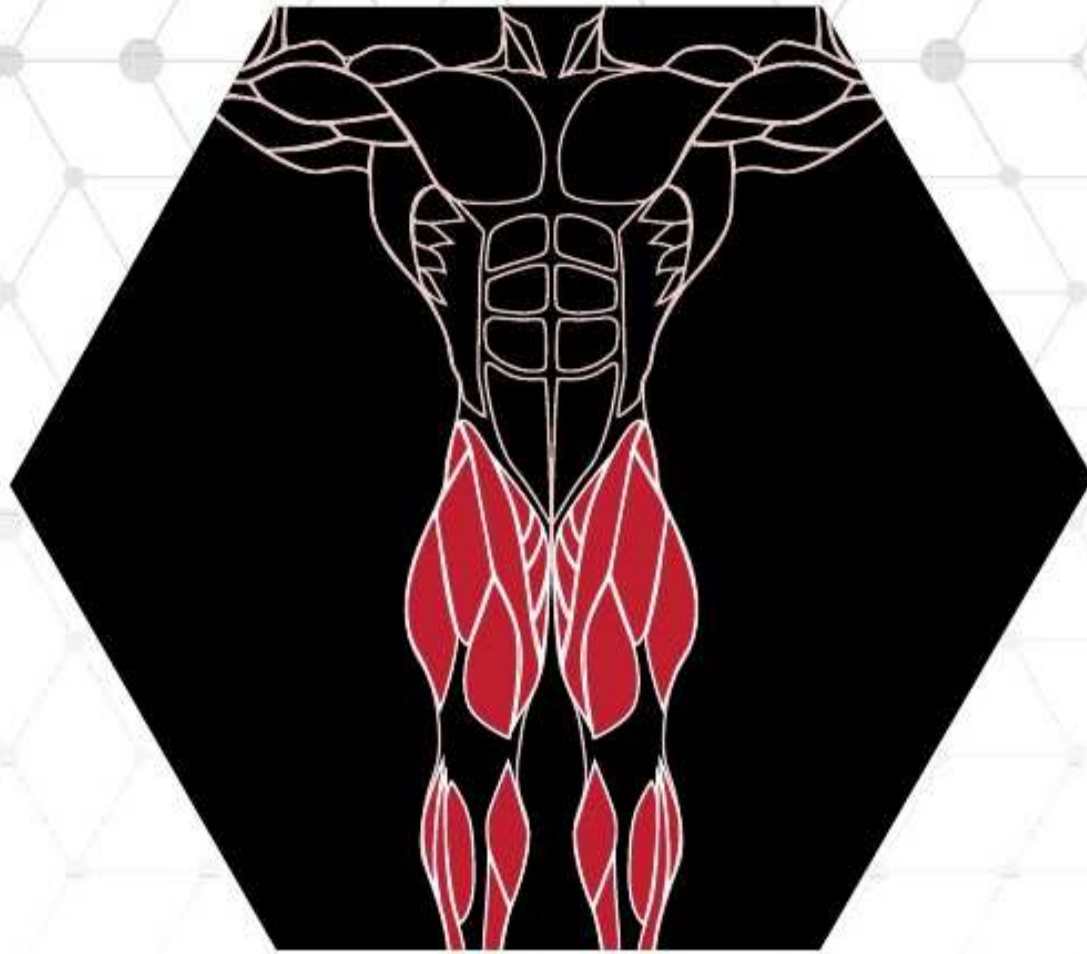
SUNDAY
Rest






Week 1

Let's Begin!

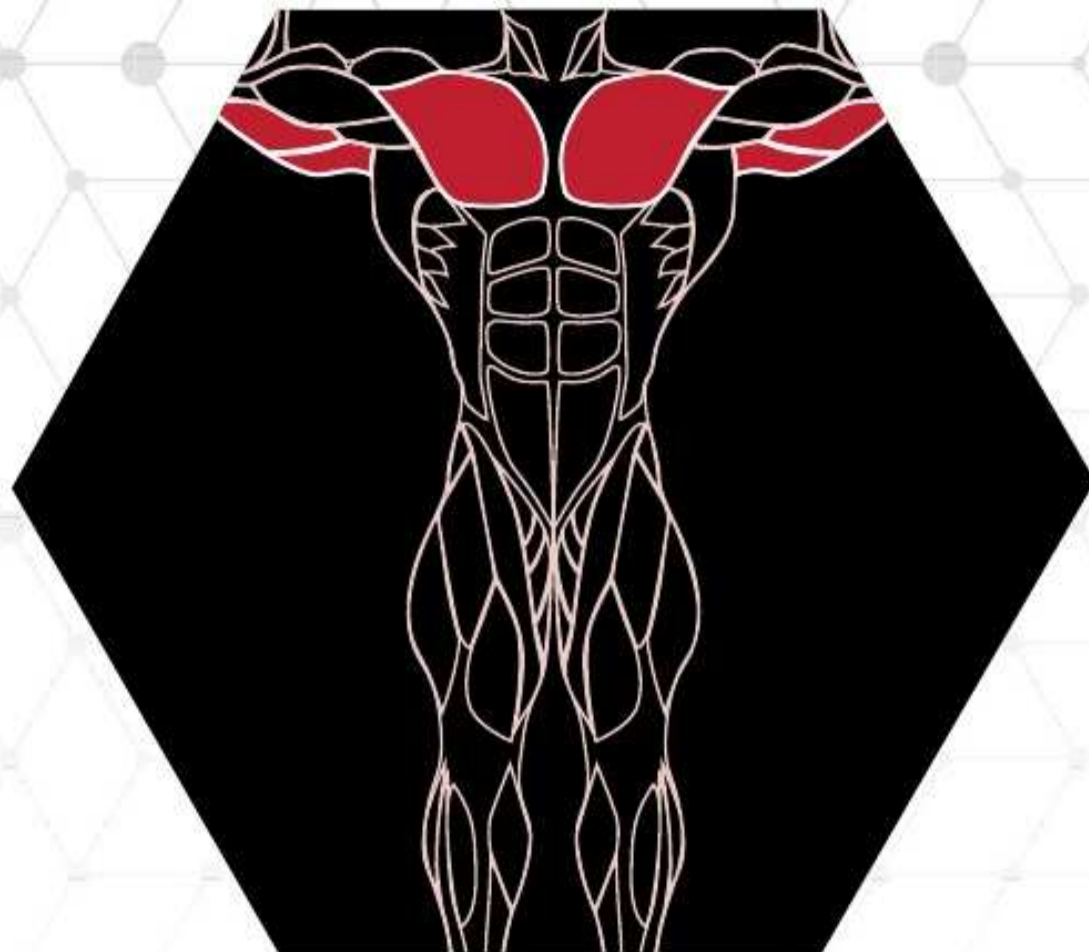
Week 1 | Day 1





Exercise	Sets	Reps
Leg Press 6 Total Sets	2 WU 3 	Warm Up 40 Triple Drop 30 / 20 / 10 Muffin Pump 50
Leg Extensions 6 Total Sets	2 WU 3 	Warm Up 20 (Light) Triple Drop 20 / 15 / 10 Muffin Pump 25
Hack Squats Heavy Weight	4	12 / 12 / 12 / 12
Standing Smith Machine Calf Raises	5	20 / 20 / 20 / 20 / 20
Seated Smith Machine Calf Raises	5	20 / 20 / 20 / 20 / 20
Standing Calf Raises	1 	Muffin Pump 50
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		

**Leg Day is one of the most important elements to bulking!
You can't build a house on a tiny foundation!**

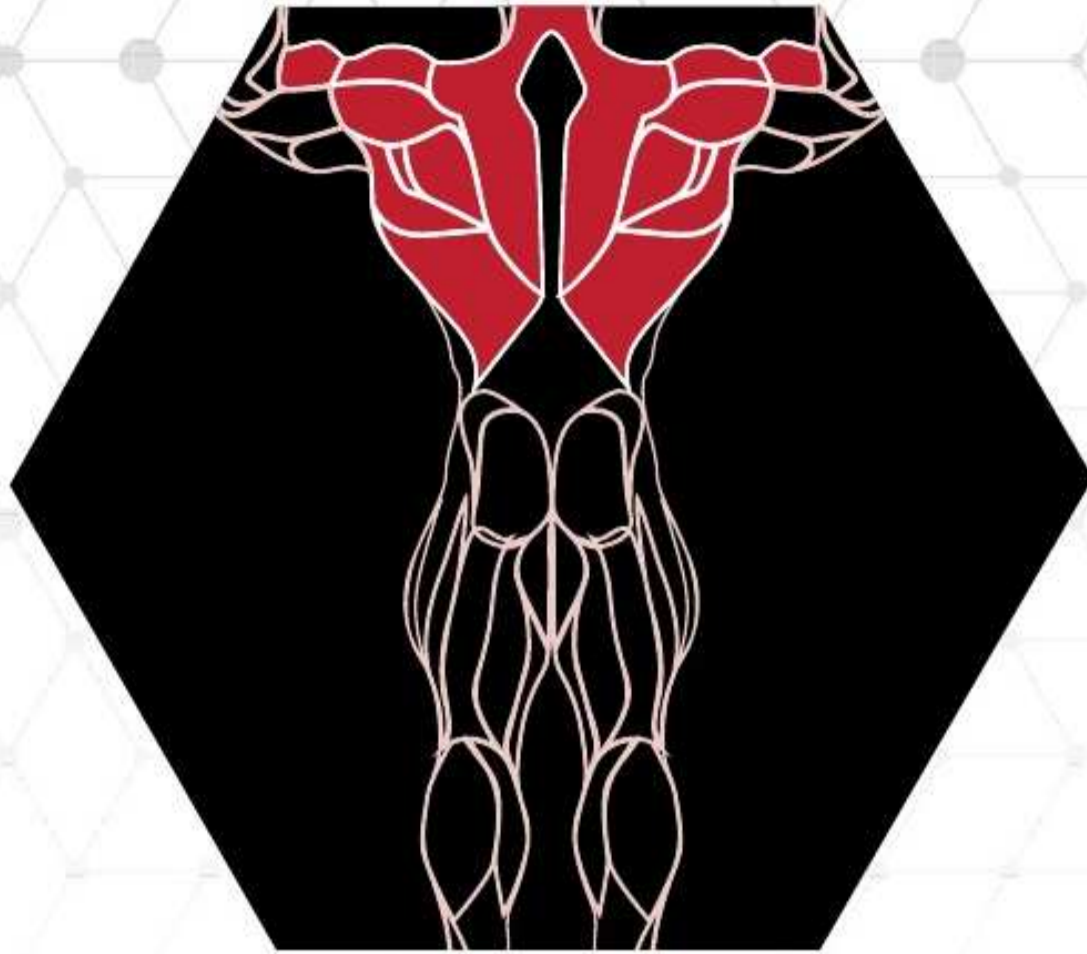
Week 1 | Day 2



Exercise	Sets	Reps
Flat Barbell Barbell	4	12 / 12 / 12 / 12
Incline Bench Barbell	5	12 / 12 / 12 / 12 / 12
Incline Dumbbell Fly 6 Total Sets	5 	12 / 12 / 12 / 12 / MP Muffin Pump 25
Dumbbell Fly	5	15 / 15 / 15 / 15 / 15
Tricep Push Downs 4 Total Sets	3 	15 / 15 / 15 Muffin Pump 25
Dips	3	To Failure Each Set
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		

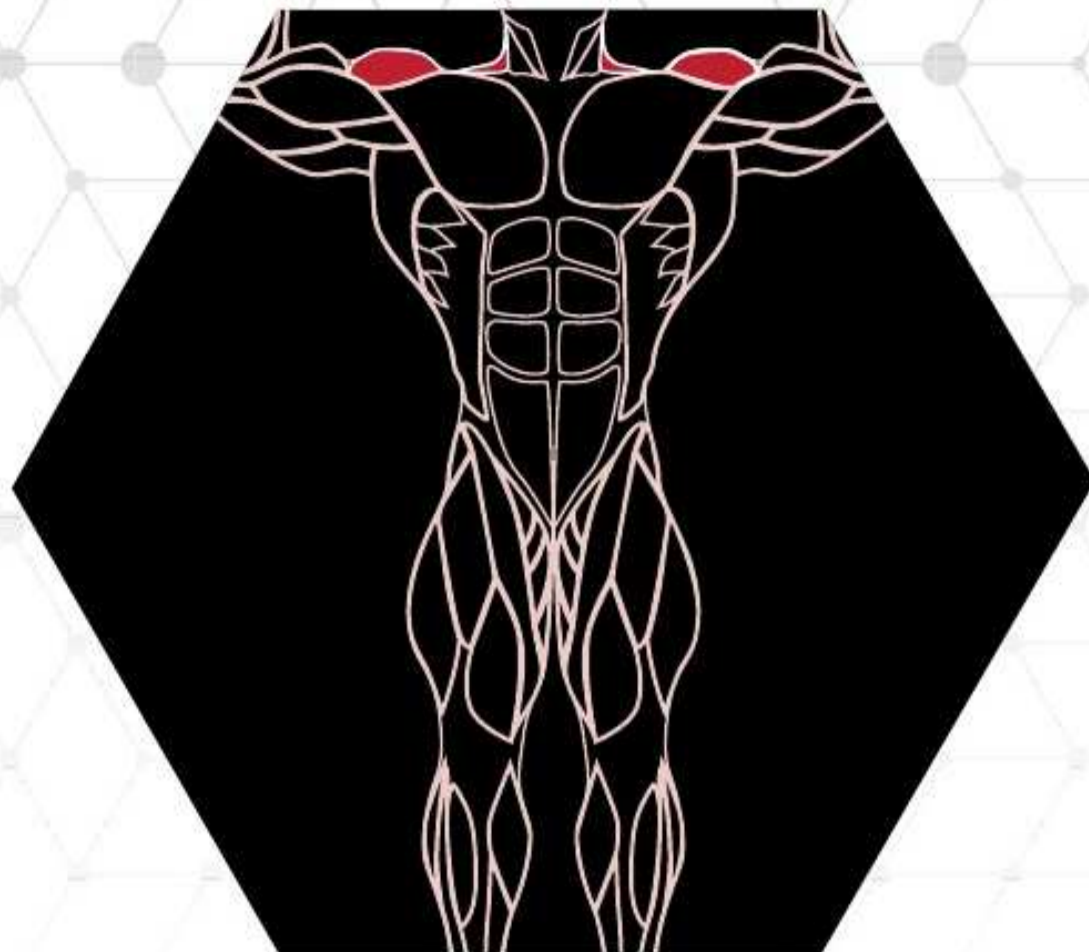
Chest is one of my favorite days to train. Really focus on the mind to muscle connection. Squeeze EACH rep!



Week 1 | Day 3



Exercise	Sets	Reps
Lat Pulldowns 6 Total Sets Pyramid Down	2 WU 3 #MP	Warm Up 45 20 / 15 / 12 Muffin Pump 25
Dumbbell Row Pyramid Down	4	20 / 15 / 12 / 10
Hammer Strength Mid Back Pyramid Down	4	20 / 15 / 12 / 10
T-Bar Row Pyramid Up	3 #MP	15 Muffin Pump 25
Dumbbell Dead Lifts	3	12 / 12 / 12
Easy Curl Bar Pyramid Up	5	15 / 15 / 15 / 15 / 15
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		
Make sure on back to focus on squeezing your shoulder blades for all pulling motions.		

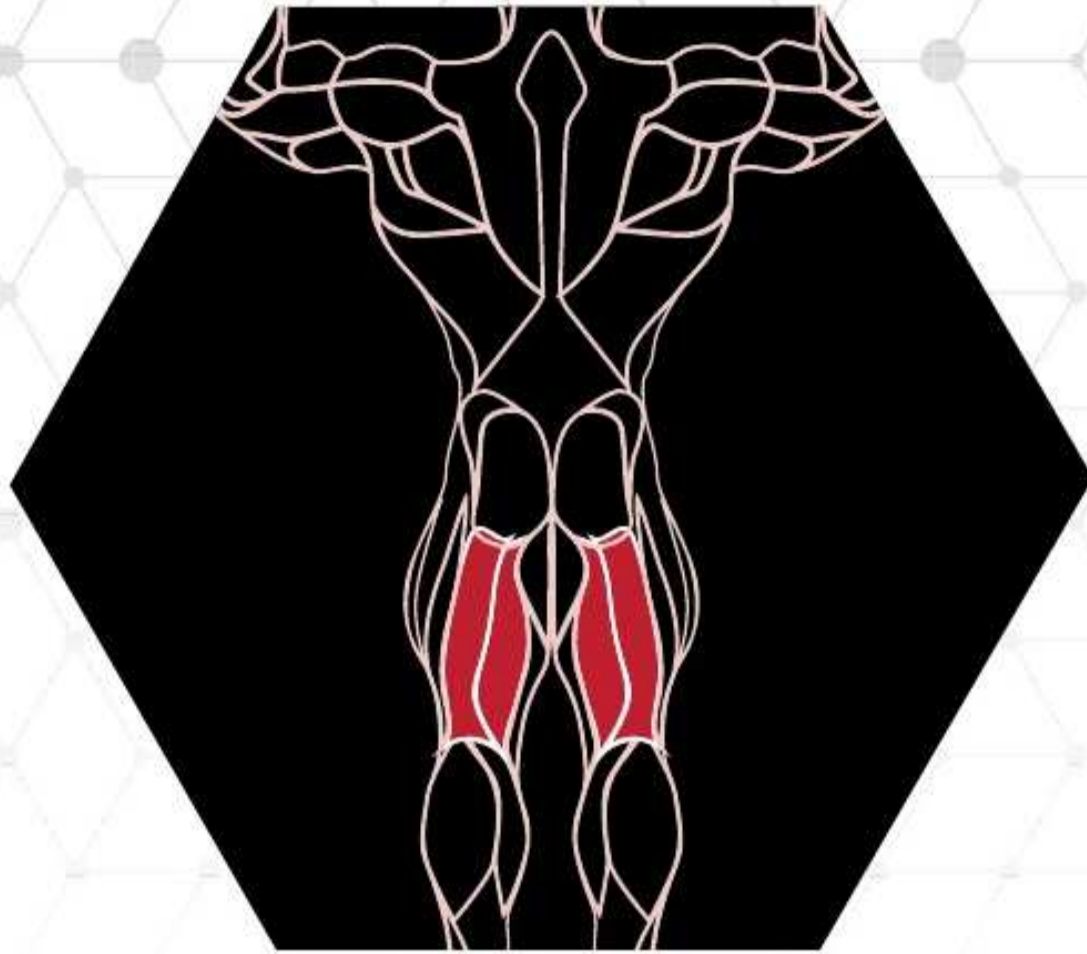
Week 1 | Day 4





Exercise	Sets	Reps
Dumbbell Press	4 	12 / 12 / 12 / 12 Muffin Pump 25
Front Barbell Raise	5	12 / 12 / 12 / 12 / 12
Upright Rows Medium to Wide Grip	4	15 / 15 / 15 / 15
Dumbbell Lateral Raise	4 	15 / 15 / 15 / 15 Muffin Pump 25
Front Delt Cable Raise on Incline Bench	4	15 / 15 / 15 / 15
Rear Delt Machine (Peck Deck)	4	15 / 15 / 15 / 15
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		

Shoulder caps make and break physiques. Always warm up properly to prevent injury. A torn rotator cuff can ruin all your gains very quickly

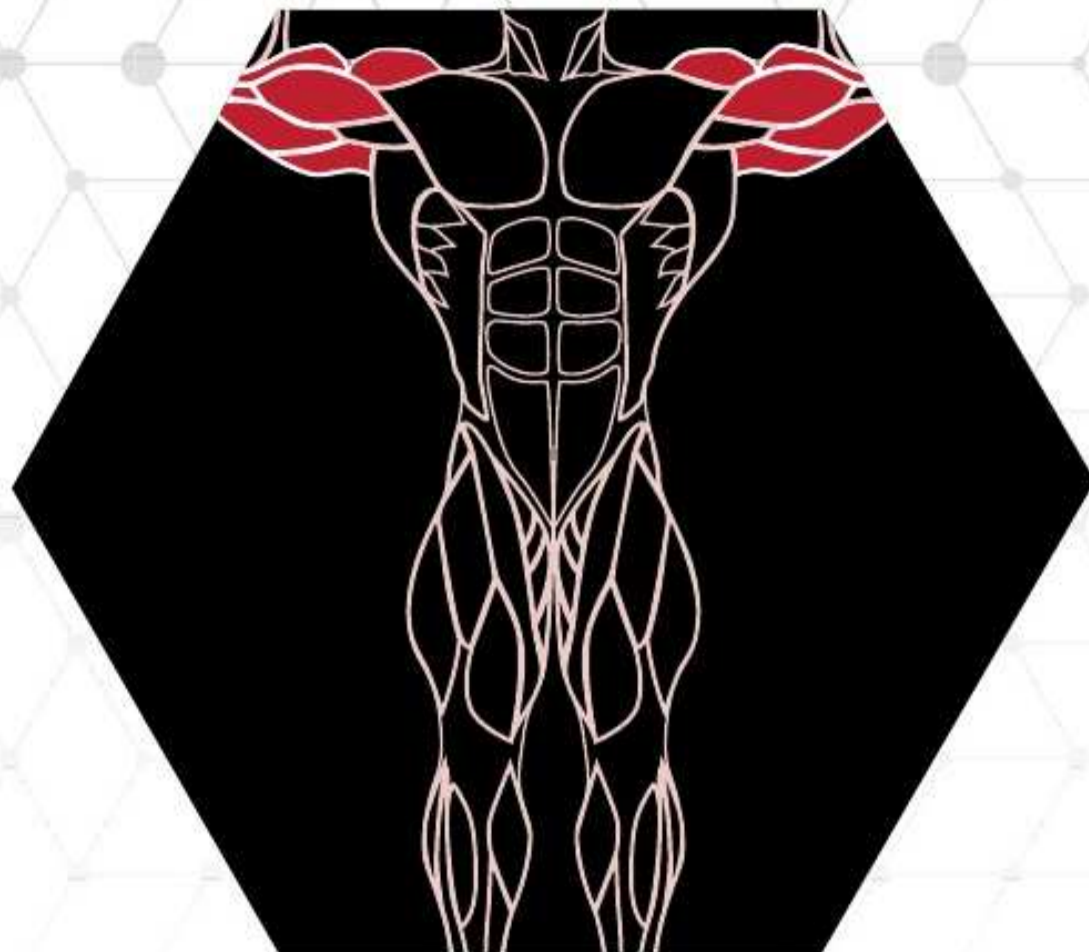
Week 1 | Day 5






Exercise	Sets	Reps
Leg Press Wide 6 Total Sets	2 WU 3 	Warm Up 40 15 / 15 / 15 Muffin Pump 25
Seated Single Leg Curls	3	12 / 12 / 12
Lying Leg Curls	4 	12 / 12 / 12 / 12 Muffin Pump 25
Roman Chair Back Extensions	4	15 / 15 / 15 / 15
Barbell Deadlifts	4	12 / 12 / 12 / 12
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		

Leg Press is a great way to push yourself on legs without risking injuring your back. Keep it tight against the pad. If prone to back injuries keep deadlifts lighter

Week 1 | Day 6

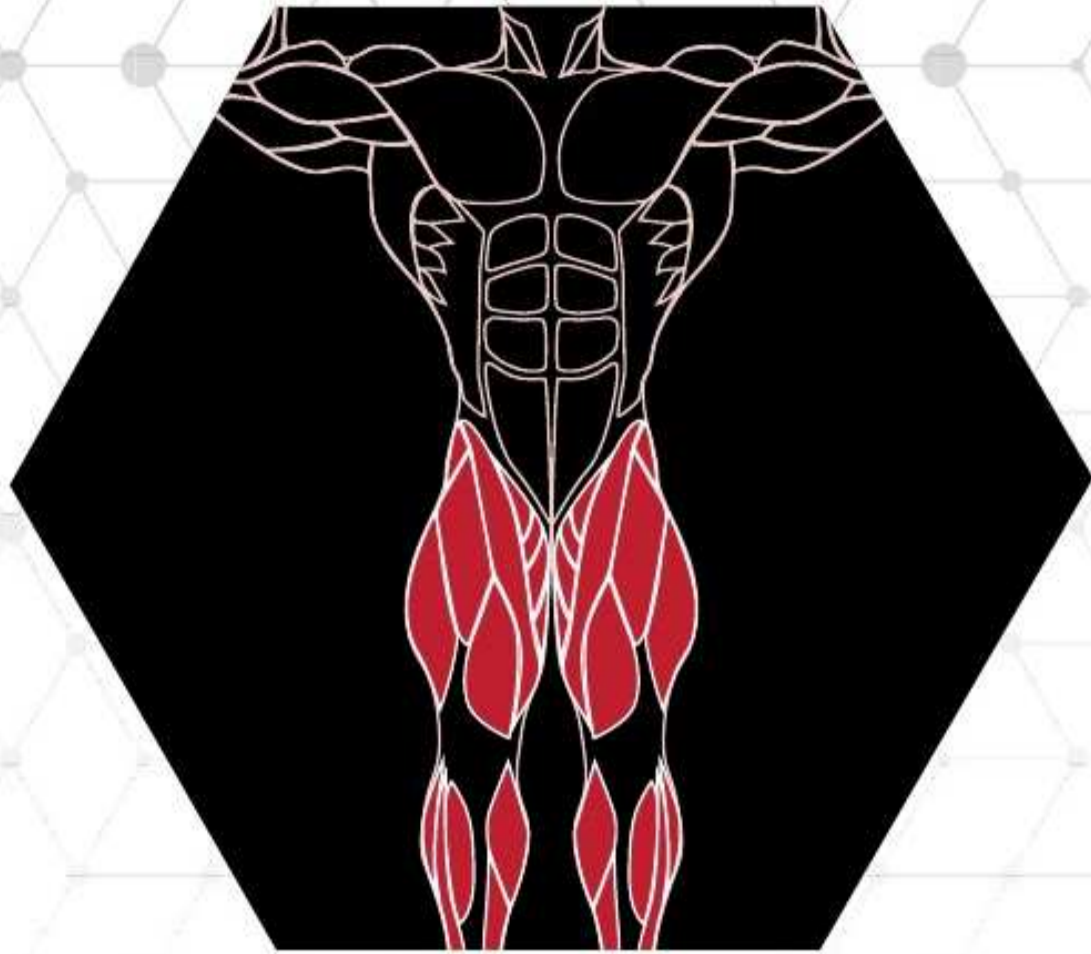





Exercise	Sets	Reps
Machine Preacher Curls	3 	15 / 15 / 15 Muffin Pump 25
Straight Bar Curls (Olympic Bar)	4	15 / 15 / 15 / 15
Hammer Dumbbell Curls	3	15 / 15 / 15
Traditional Dumbbell Curls 6 Total Sets	5	15 / 15 / 15
Pushdowns on Lat Pulldown	4	15 / 15 / 15 / 15
Skullcrushers on Decline Bench	1 	15 / 15 / 15 / 15
Single Arm Overhead Dumbbell Extensions 5 Total Sets	4 	15 / 15 / 15 / 15 Muffin Pump 25
Dips	4	To Failure Each
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		

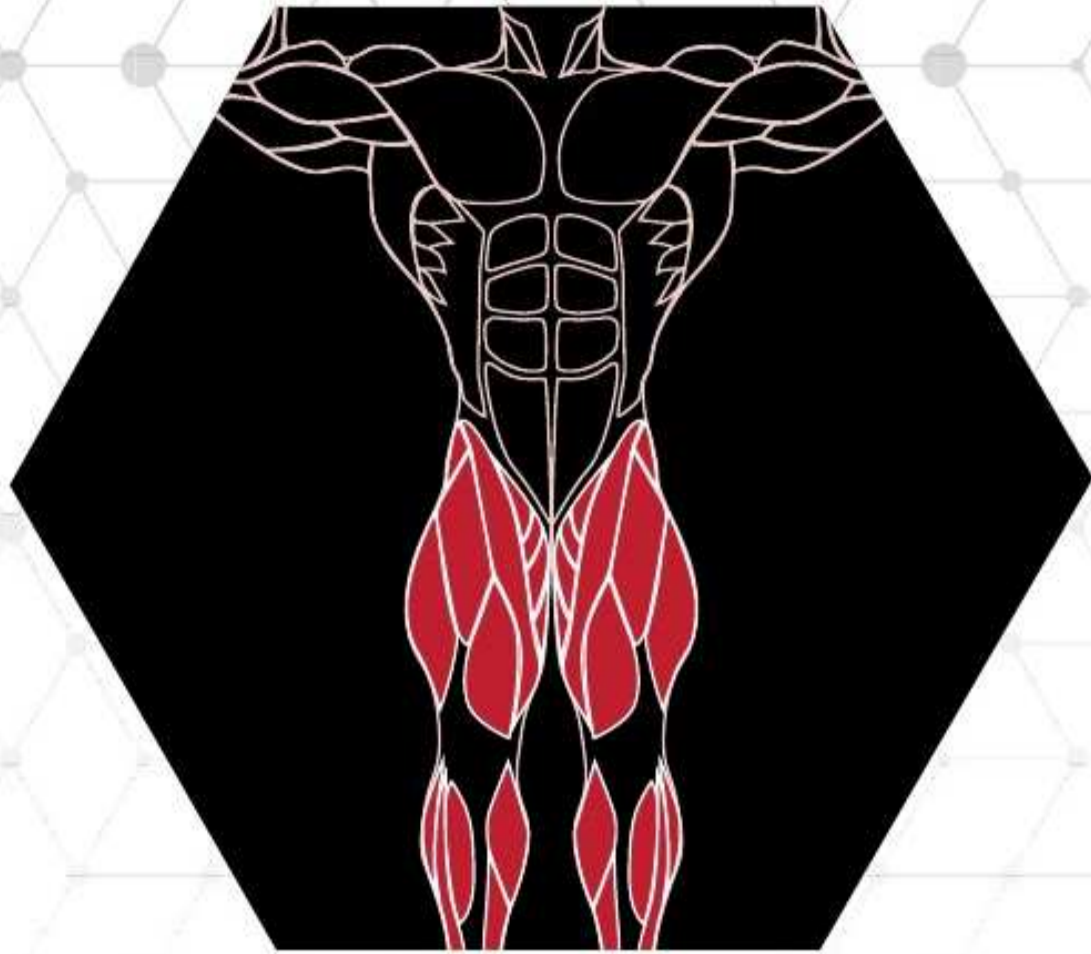




Week 2

Pump It Up!

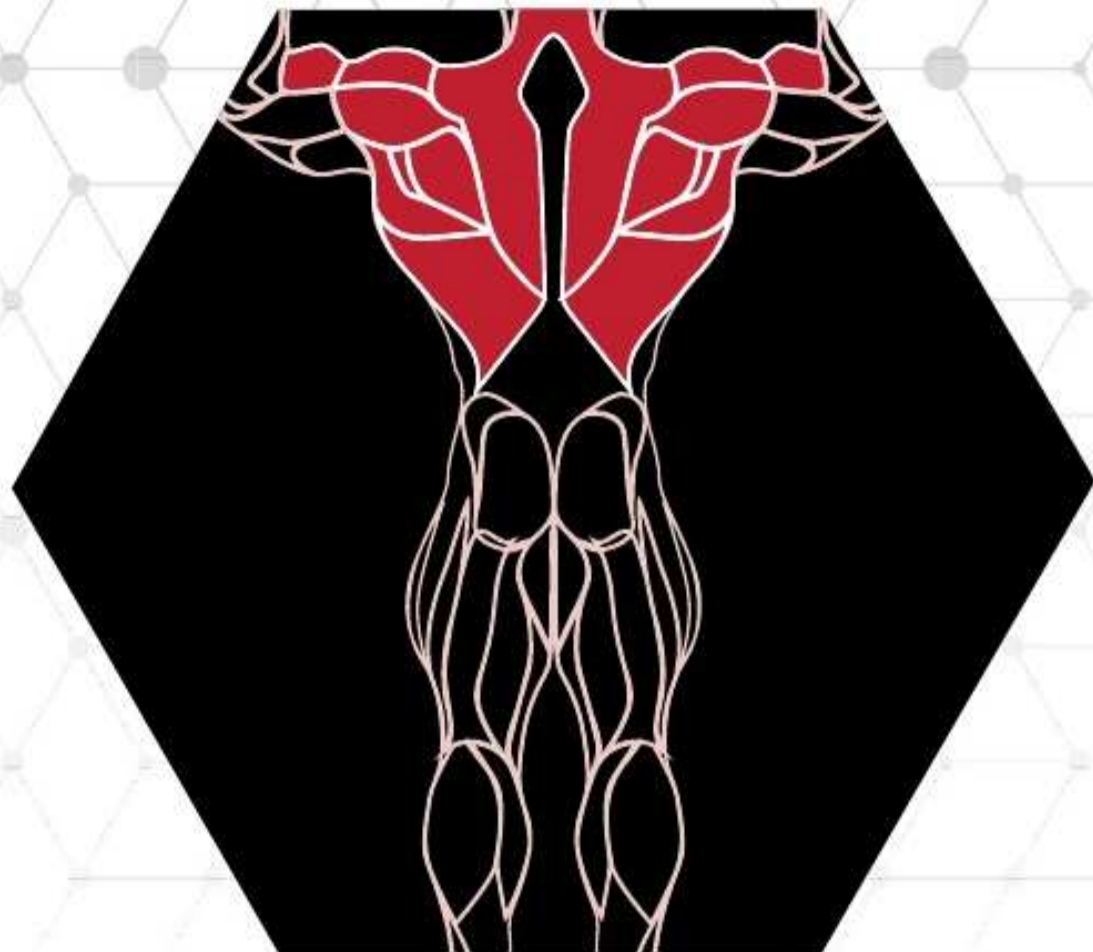




Exercise	Sets	Reps
Leg Press 6 Total Sets	2 WU 3 	Warm Up 40 Triple Drop 30 / 20 / 10 Muffin Pump 50
Leg Extensions 6 Total Sets	2 WU 3 	Warm Up 20 (Light) Triple Drop 20 / 15 / 10 Muffin Pump 25
Hack Squats Heavy Weight	4	12 / 12 / 12 / 12
Standing Smith Machine Calf Raises	5	20 / 20 / 20 / 20 / 20
Seated Smith Machine Calf Raises	5	20 / 20 / 20 / 20 / 20
Standing Calf Raises	1 	Muffin Pump 50
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		
Make sure to go as low as you can for squats. Be sure to stretch as often as you can to keep up with mobility. Stretching = Gains as it improves the capacity the muscle fascia can house new growth.		

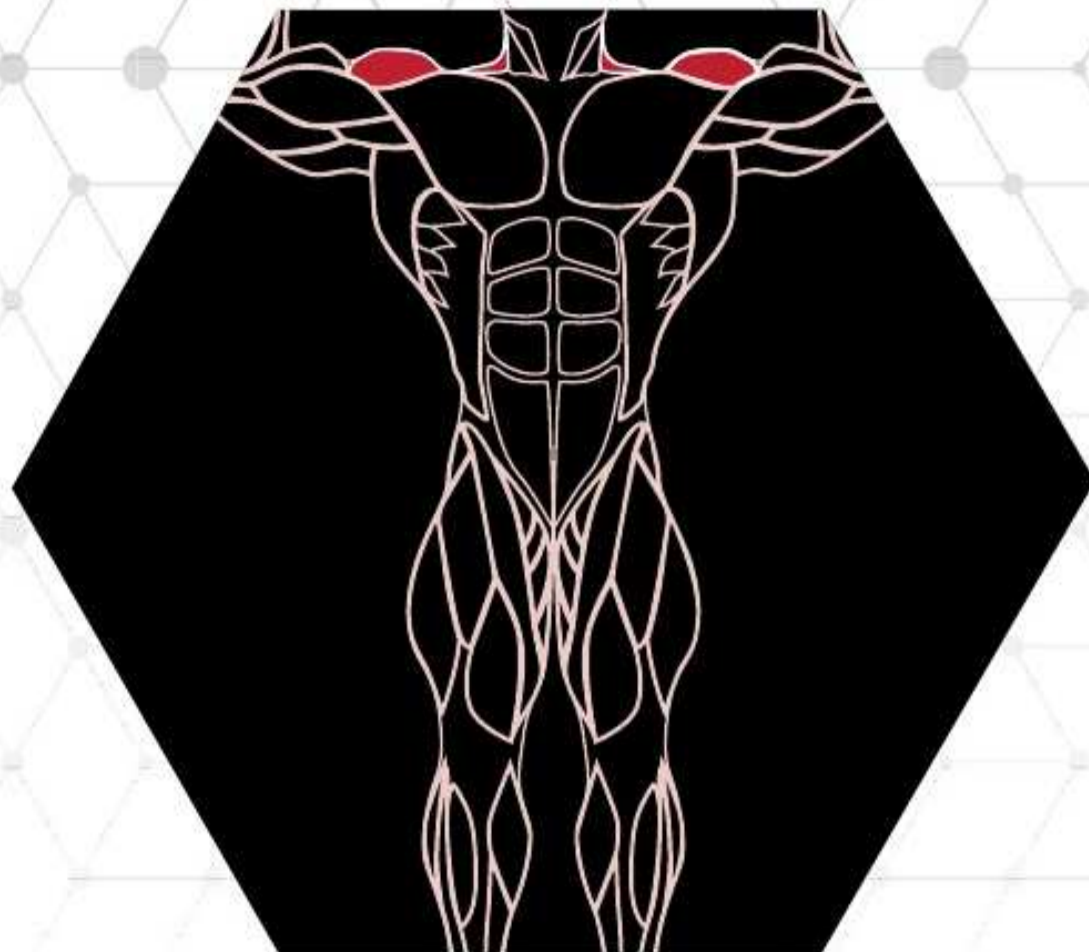




Exercise	Sets	Reps
Flat Barbell Barbell	4	12 / 12 / 12 / 12
Incline Bench Barbell	5	12 / 12 / 12 / 12 / 12
Incline Dumbbell Fly 6 Total Sets	5 	12 / 12 / 12 / 12 / MP Muffin Pump 25
Dumbbell Fly	5	15 / 15 / 15 / 15 / 15
Tricep Push Downs 4 Total Sets	3 	15 / 15 / 15 Muffin Pump 25
Dips	3	To Failure Each Set
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		

Triceps make up 2/3 of your arms and is what most people see unflexed. On press downs be sure to squeeze all heads of the triceps

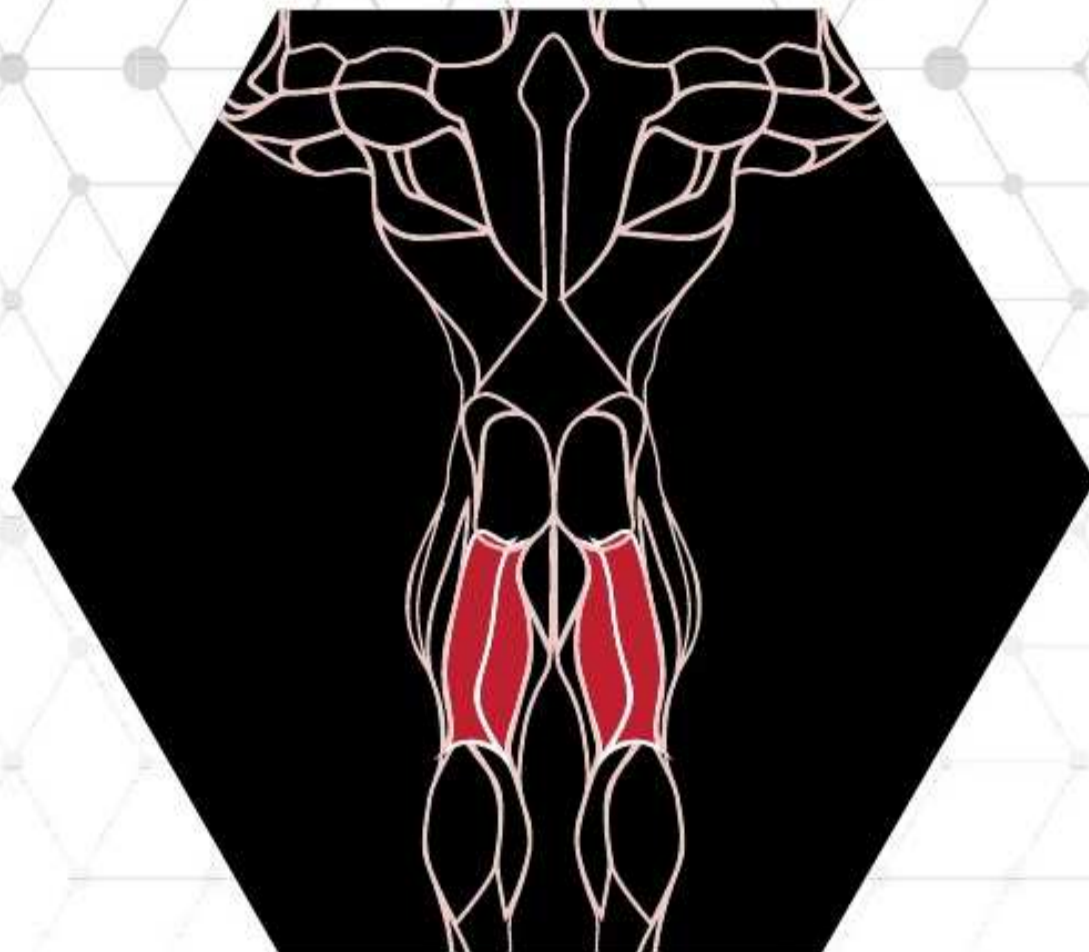




Exercise	Sets	Reps
Lat Pulldowns 6 Total Sets Pyramid Down	2 WU 3 	Warm Up 45 20 / 15 / 12 Muffin Pump 25
Dumbbell Row Pyramid Down	4	20 / 15 / 12 / 10
Hammer Strength Mid Back Pyramid Down	4	20 / 15 / 12 / 10
T-Bar Row Pyramid Up	3 	15 Muffin Pump 25
Dumbbell Dead Lifts	3	12 / 12 / 12
Easy Curl Bar Pyramid Up	5	15 / 15 / 15 / 15 / 15
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		
Try doing a 2 sec hold on all bicep curling motions to focus on the mind to muscle connection		



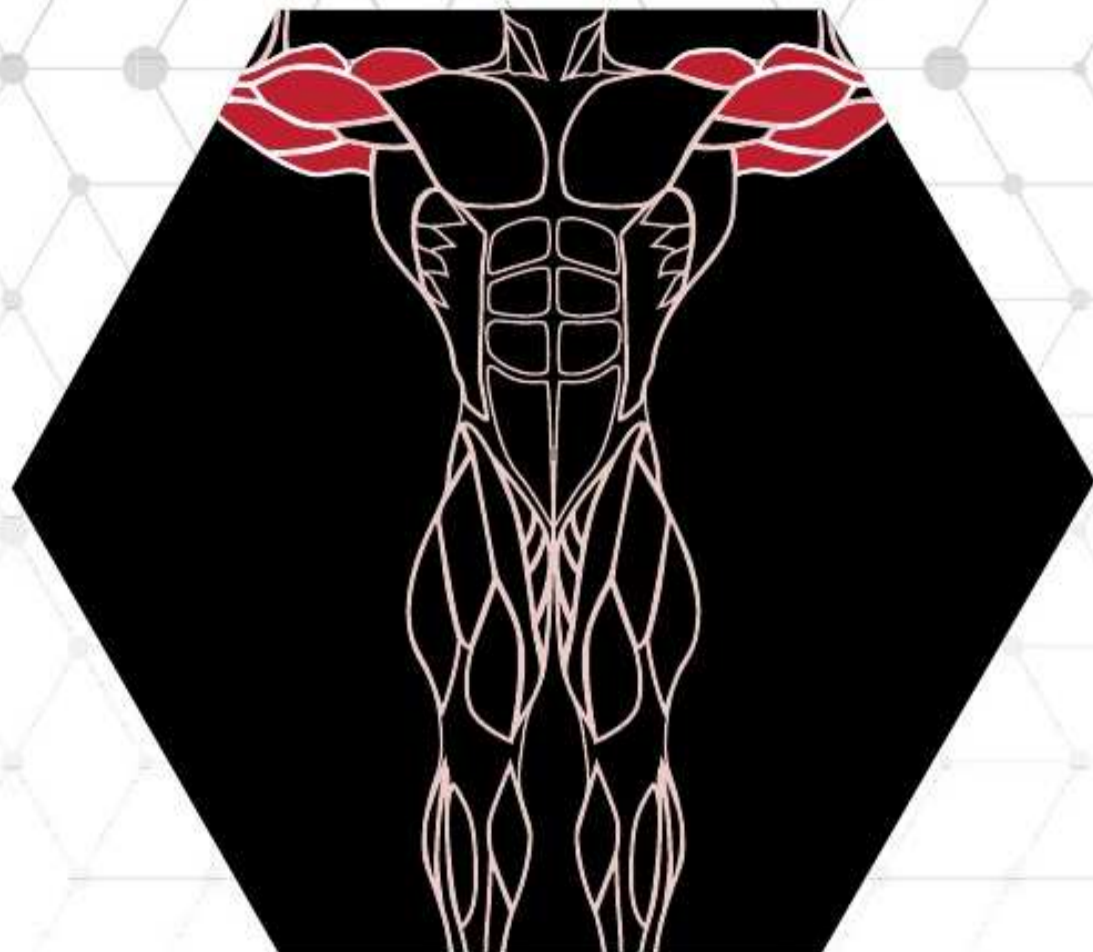
Exercise	Sets	Reps
Dumbbell Press	4 	12 / 12 / 12 / 12 Muffin Pump 25
Front Barbell Raise	5	12 / 12 / 12 / 12 / 12
Upright Rows Medium to Wide Grip	4	15 / 15 / 15 / 15
Dumbbell Lateral Raise	4 	15 / 15 / 15 / 15 Muffin Pump 25
Front Delt Cable Raise on Incline Bench	4	15 / 15 / 15 / 15
Rear Delt Machine (Peck Deck)	4	15 / 15 / 15 / 15
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		




On those muffin pump lateral raises slow down the tempo and focus on a good stretch at the bottom



Exercise	Sets	Reps
Leg Press Wide 6 Total Sets	2 WU 3 	Warm Up 40 15 / 15 / 15 Muffin Pump 25
Seated Single Leg Curls	3	12 / 12 / 12
Lying Leg Curls	4 	12 / 12 / 12 / 12 Muffin Pump 25
Roman Chair Back Extensions	4	15 / 15 / 15 / 15
Barbell Deadlifts	4	12 / 12 / 12 / 12
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		

Remember on lying leg curls to squeeze at the top of the rep to fully engage your hamstrings



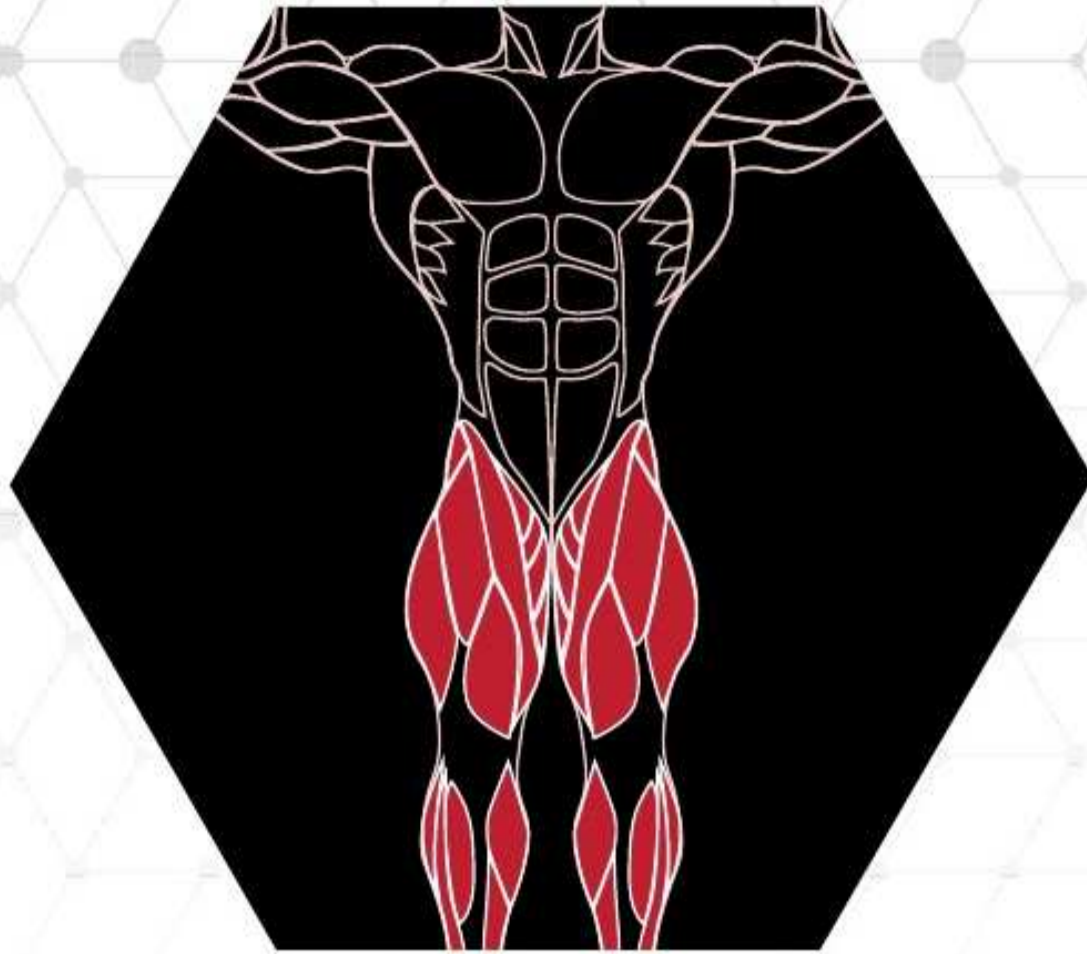
Exercise	Sets	Reps
Machine Preacher Curls	3 	15 / 15 / 15 Muffin Pump 25
Straight Bar Curls (Olympic Bar)	4	15 / 15 / 15 / 15
Hammer Dumbbell Curls	3	15 / 15 / 15
Traditional Dumbbell Curls 6 Total Sets	5	15 / 15 / 15
Pushdowns on Lat Pulldown	4	15 / 15 / 15 / 15
Skullcrushers on Decline Bench	1 	15 / 15 / 15 / 15
Single Arm Overhead Dumbbell Extensions 5 Total Sets	4 	15 / 15 / 15 / 15 Muffin Pump 25
Dips	4	To Failure Each
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		






Week 3

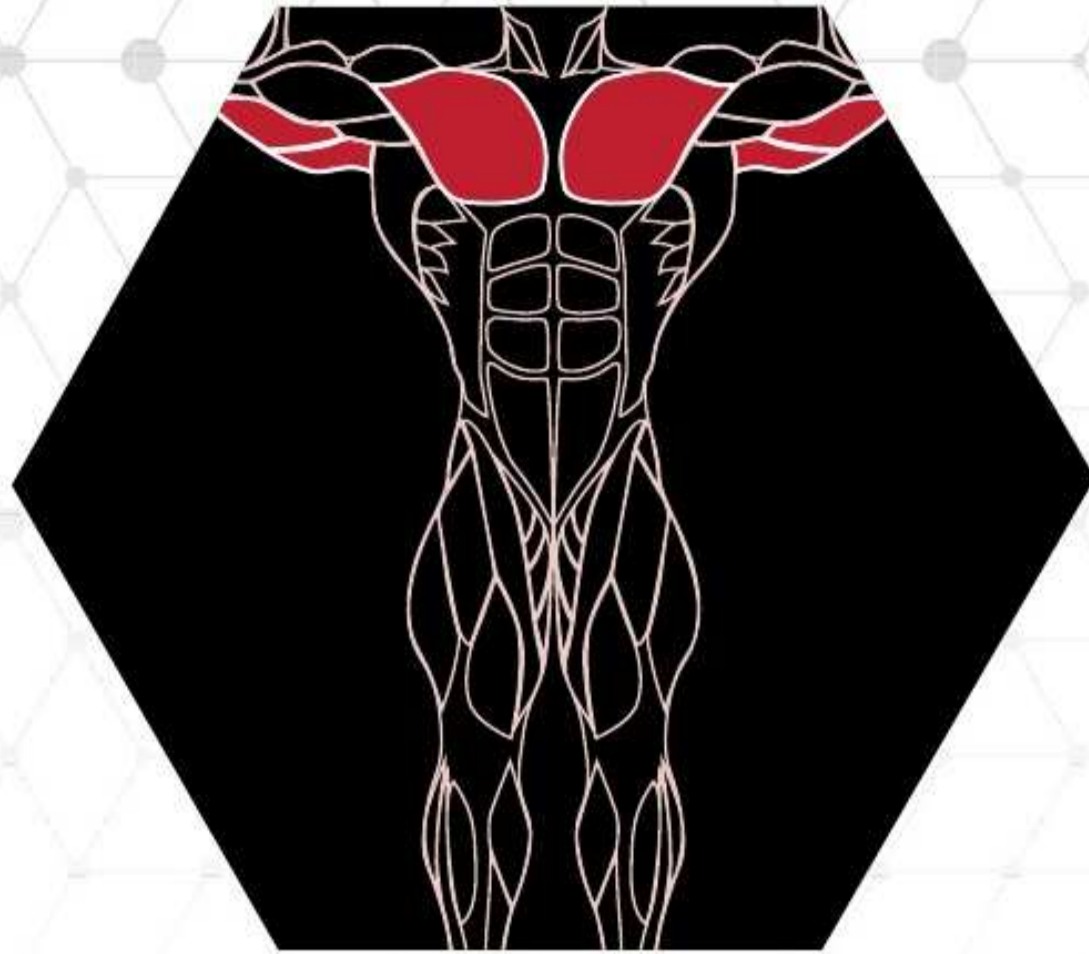
Keep Your Head Up!




Week 3 | Day 15



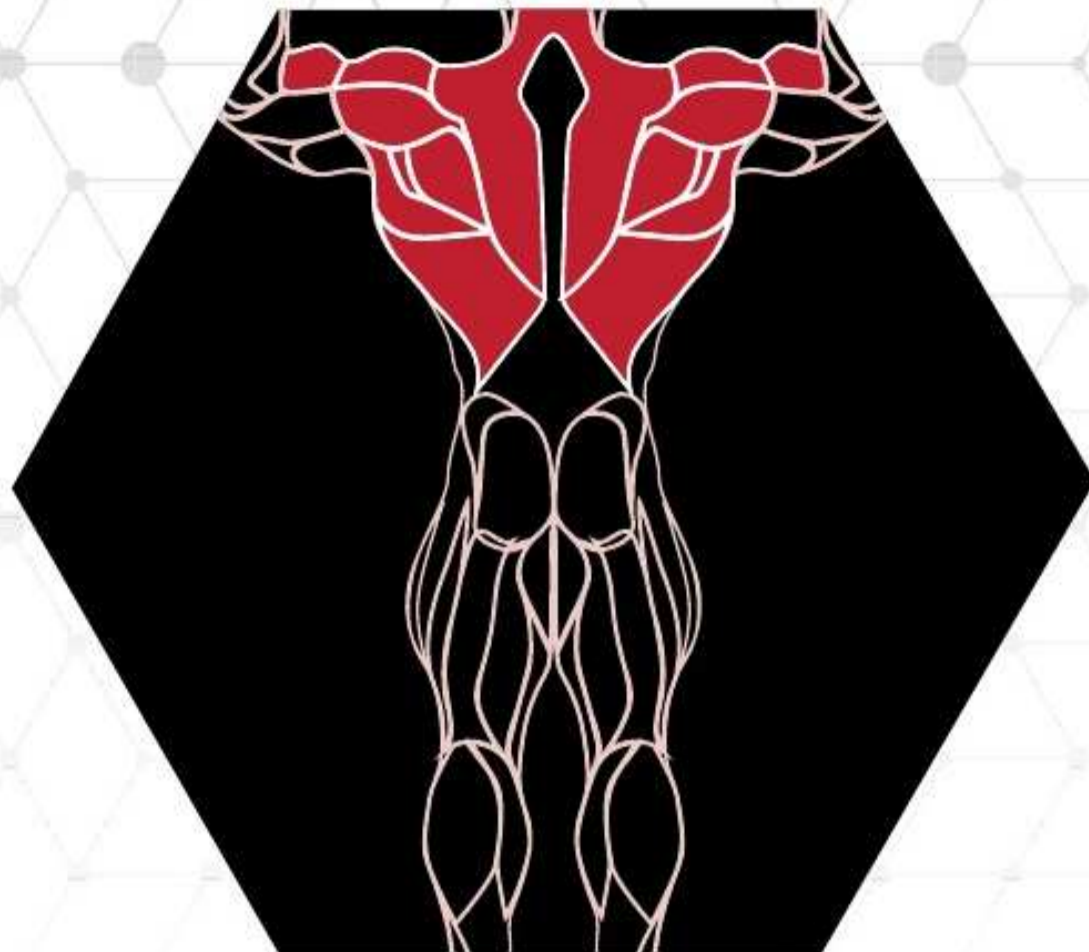
Exercise	Sets	Reps
Front Squats 5 Total Sets	1 WU 3 	Warm Up 15 12 / 12 / 12 Muffin Pump 25
Dumbbell Standing Calf Raises 6 Total Sets	5 	20 / 20 / 20 / 20 / 20 Muffin Pump 25
Dumbbell Step Ups 4 Total Sets	3 1	15 / 15 / 15 / 15 Each Leg 8 Each Leg Heavy
Single Leg Extension Double Leg Superset 5 Total Sets	4 	12 Reps Per Leg + SS 15 Double Leg Muffin Pump 40 Double Leg
Low Walking Lunges	3	16 Steps Per Set
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		
Make sure to go as low as you can for squats. Be sure to stretch as often as you can to keep up with mobility. Stretching = Gains as it improves the capacity the muscle fascia can house new growth.		



Week 3 | Day 16



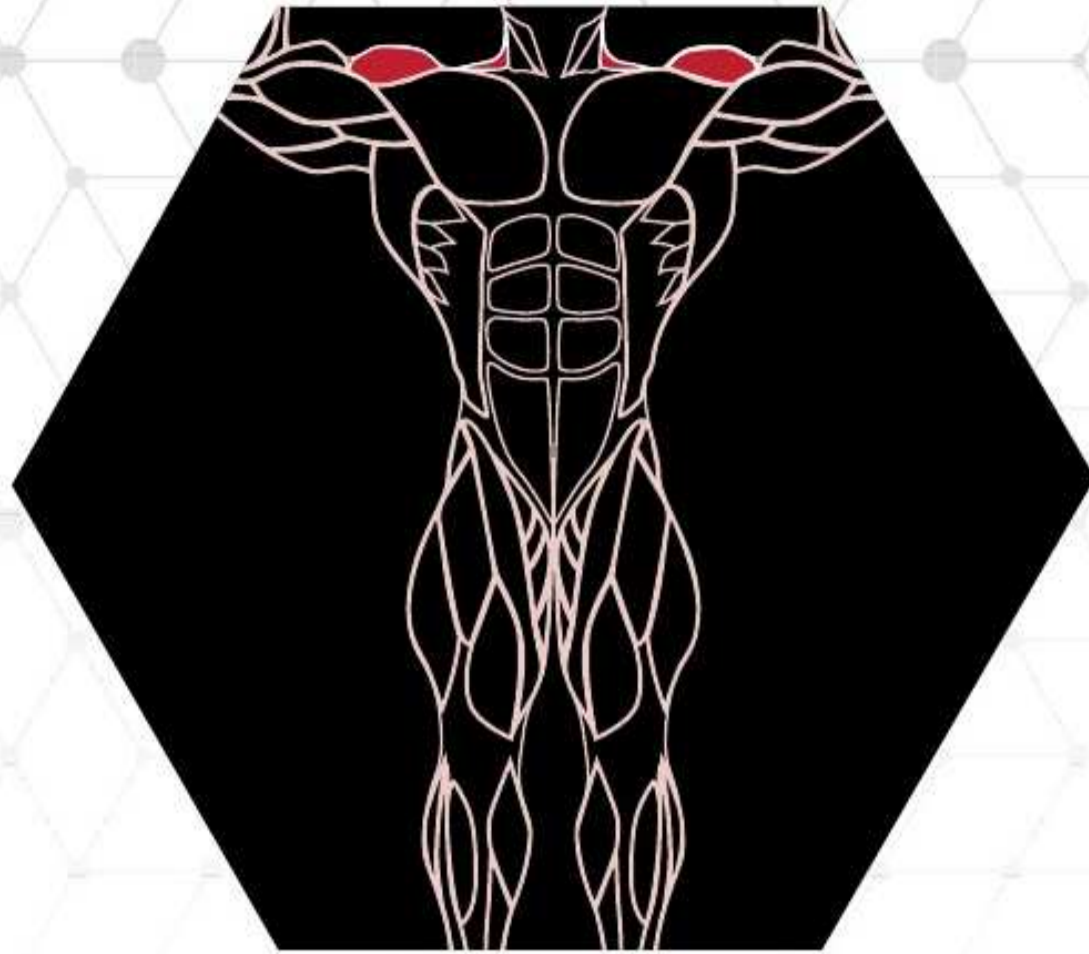
Exercise	Sets	Reps
Barbell Incline Bench 1	4	12 / 12 / 12 / 12
Decline Dumbbell Press	5	12 / 12 / 12 / 12 / 12
Pec Deck Flys 5 Total Sets	4 	12 / 12 / 12 / 12 / MP Muffin Pump 25
Upward Cable Fly 5 Total Sets	4 	12 / 12 / 12 / 12 / MP Muffin Pump 25
Downward Cable Fly	3	12 / 12 / 12
Close Grip Bench Press 3 Total Sets	2 	12 / 12 Muffin Pump 25
4 Step Tricep Rope Extension	4	10 Reps per Step
Seated Tricep Extension	3	To Failure Each Set
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		




Week 3 | Day 17



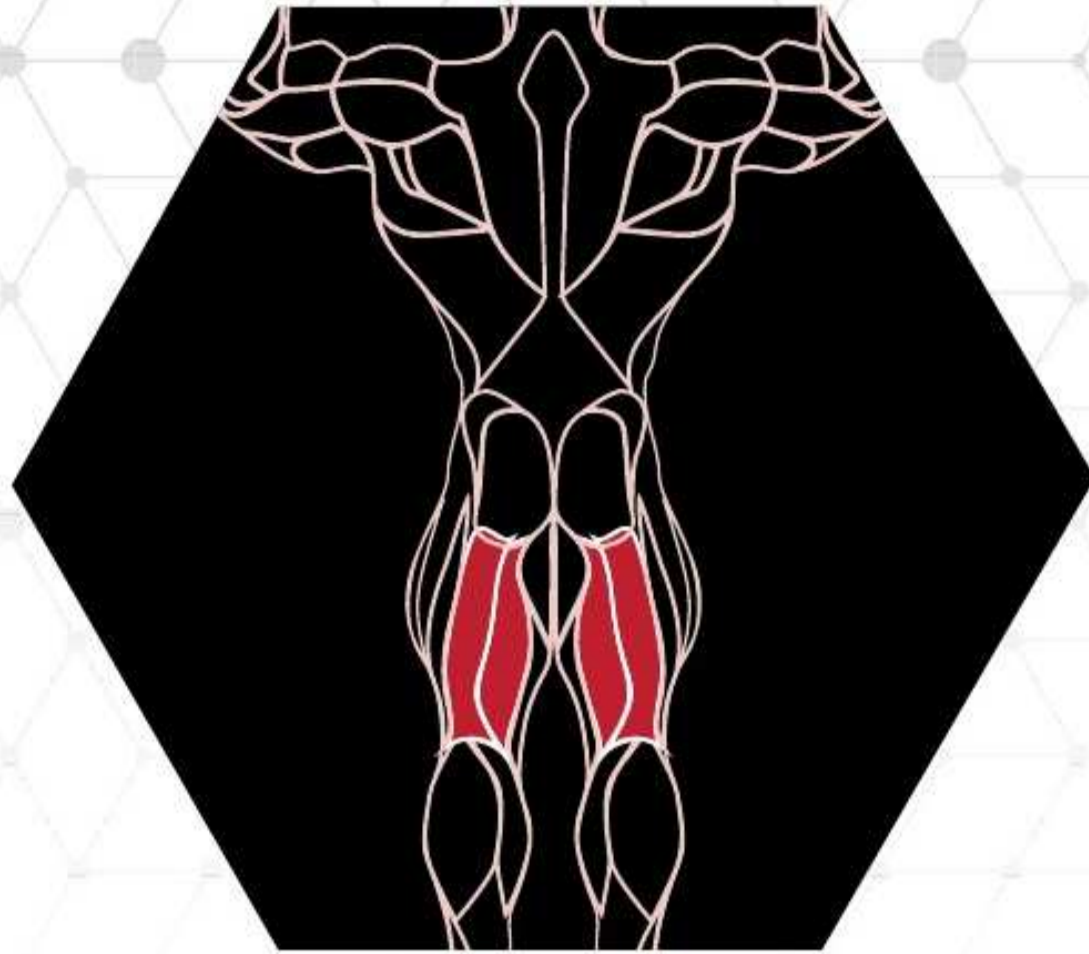
Exercise	Sets	Reps
Front Grip Barbell Row Pyramid Down	3	20 / 15 / 10
Reverse Grip Barbell Row Pyramid Down	4	20 / 15 / 12 / 10
Wide Lat Pulldown Pyramid Up 5 Total Sets	4 	10 / 10 / 10 / 10 Muffin Pump 25
Wide Cable Row Pyramid Up 4 Total Sets	3 	15 / 15 / 15 / 15 Muffin Pump 25
Reverse Grip Lateral Pulldown	3	15 / 15 / 15
Dumbbell Shrug	4	15 / 15 / 15 / 15
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		
Try doing a 2 sec hold on all bicep curling motions to focus on the mind to muscle connection		




Week 3 | Day 18



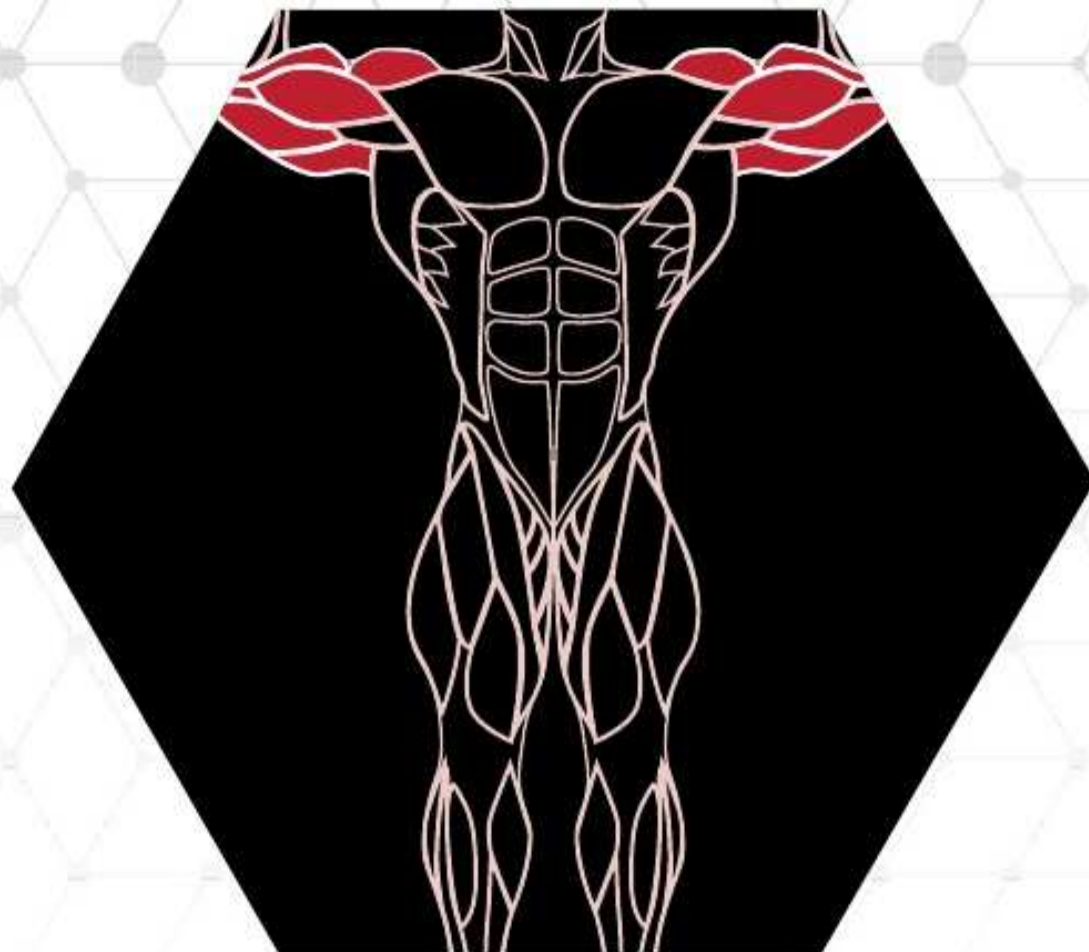
Exercise	Sets	Reps
Standing Military Barbell Press 5 Total Sets	4 	12 / 12 / 12 / 12 Muffin Pump 25
Seated Dumbbell Press	5	12 / 12 / 12 / 12 / 12
Bent Over Dumbbell Lateral Raise Slight Bend	4	15 / 15 / 15 / 15
Side Lateral Cable Raise 5 Total Sets	4 	15 / 15 / 15 / 15 Muffin Pump 25
I's, Y's, & T's	4	15 Reps of Each (5 Reps Each Area)
Seated Rear Delt Dumbbell Fly 4 Total Sets	3 	15 / 15 / 15 Muffin Pump 25
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		




Week 3 | Day 19

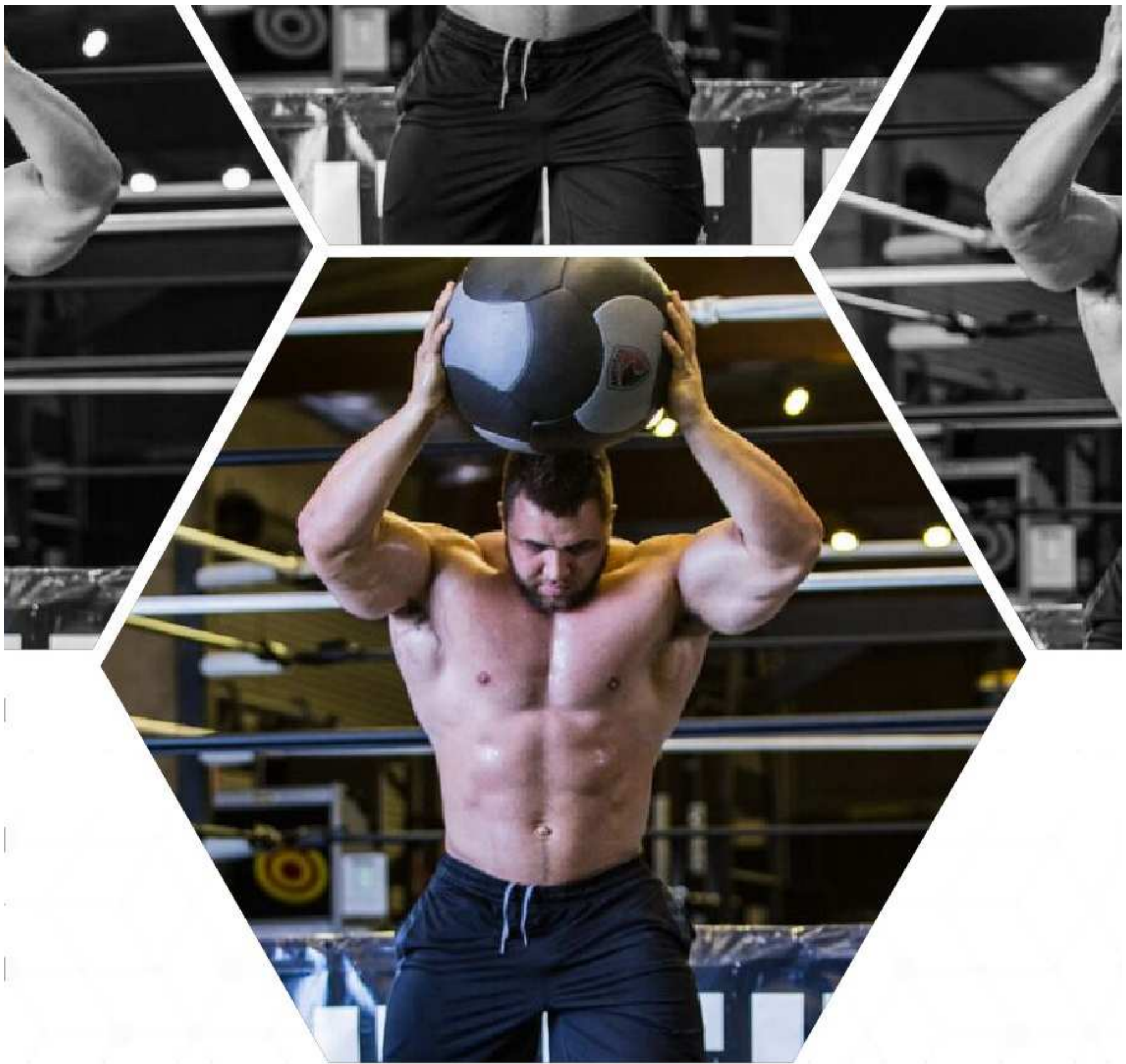


Exercise	Sets	Reps
Stiff Leg Barbell Deadlift Pyramid Up 6 Total Sets	2 WU 3 	Warm Up 40 10 / 10 / 10 Muffin Pump 25
Seated Single Leg Curls	3	8 / 8 / 8 Per Leg 10 Sec Hold At Bottom
Lying Leg Curls Pyramid Up 5 Total Sets	4 	10 / 10 / 8 / 8 Muffin Pump 25
Wide Leg Press Feet Pointed 45° Pyramid Up 5 Total Sets	4	12 / 10 / 8 / 8 / 6
Dumbbell Standing Calf Raise 5 Total Sets	4 	15 / 15 / 15 / 15 Muffin Pump 40
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		
Leg Press is a great way to push yourself on legs without risking injuring your back. Keep it tight against the pad. If prone to back injuries keep deadlifts lighter		

Week 3 | Day 20

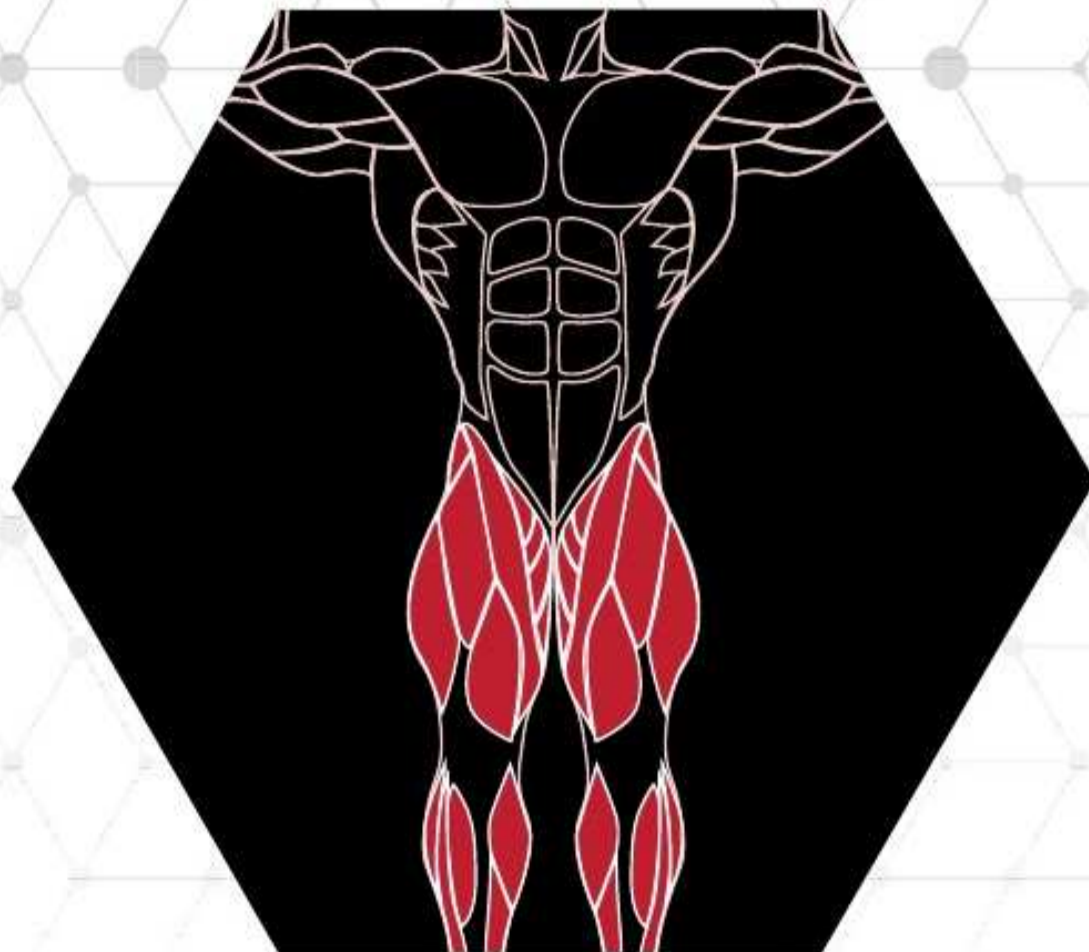





Exercise	Sets	Reps
Triangle Bar Press Downs	4 	15 / 15 / 15 Muffin Pump 25
EZ Bar Curls	3	20 / 15 / 14
EZ Bar Skullcrushers Pyramid Up	3	15 / 12 / 10
Traditional Dumbbell Curls 6 Total Sets	3 	15 / 15 / 15 Muffin Pump 25
Hammer Dumbbell Curls	3	15 / 15 / 15
Lying Cable Row Bicep Curl	4	20 / 15 / 15 / 12
Dumbbell Overhead Extension	3	12 / 12 / 12
Cable Rope Curls 4 Total Sets	3 	15 / 15 / 15 Muffin Pump 25
Cable Rope Press Downs 4 Total Sets	3	15 / 15 / 15 Muffin Pump 25
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		



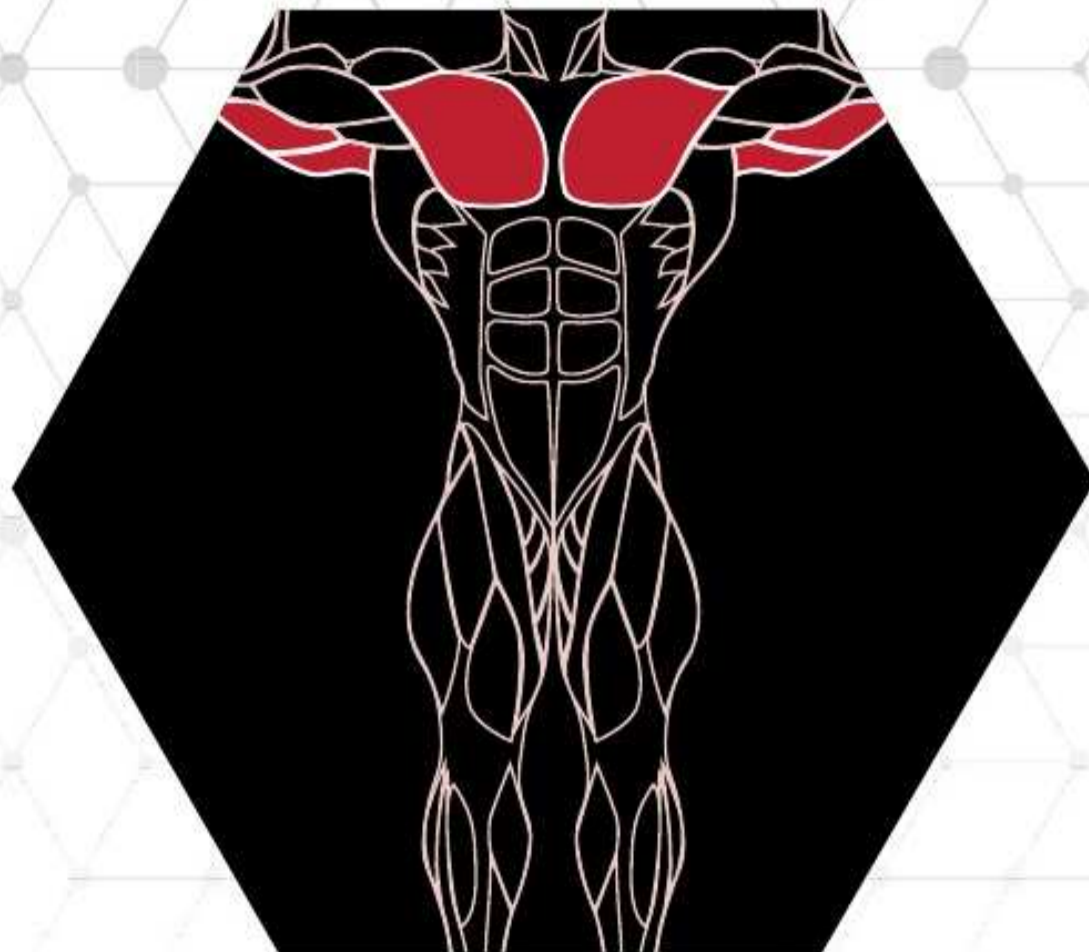
Week 4




Bulk UP!

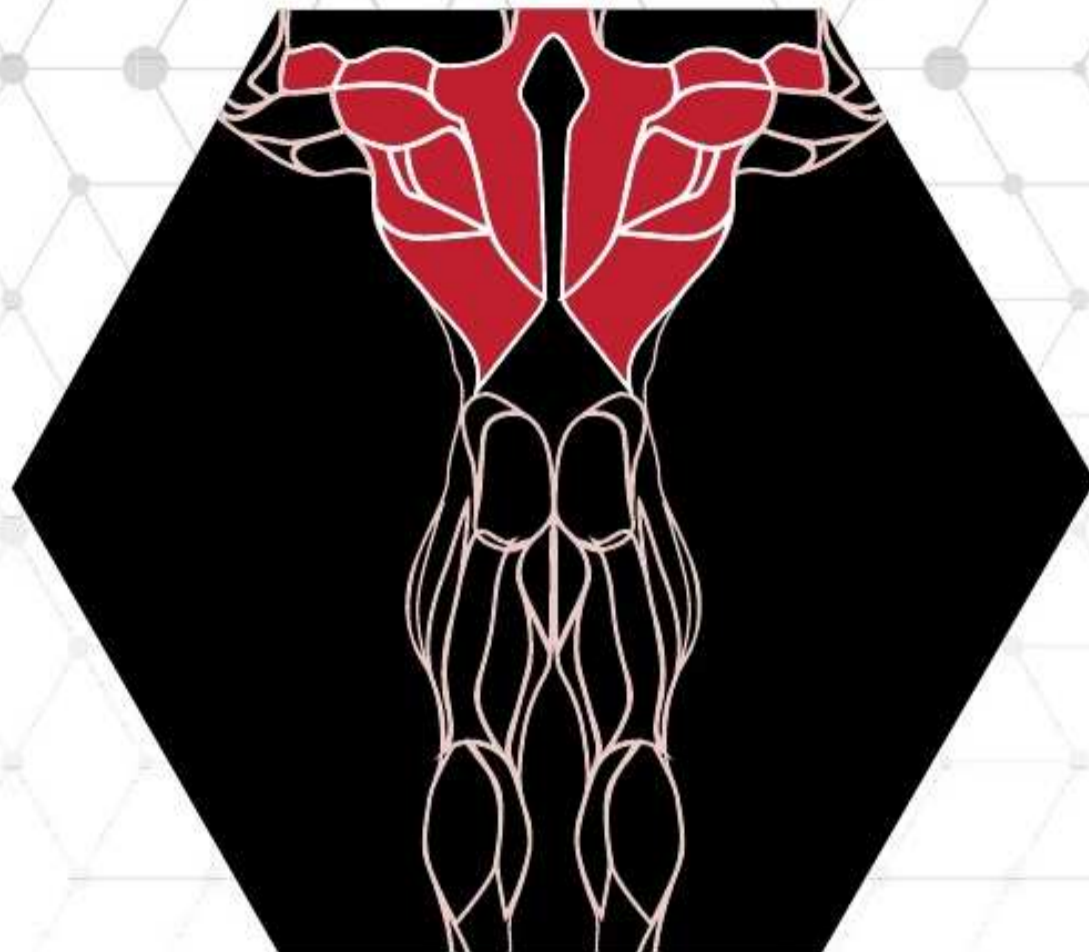




Exercise	Sets	Reps
Front Squats 5 Total Sets	1 WU 3 	Warm Up 15 12 / 12 / 12 Muffin Pump 25
Dumbbell Standing Calf Raises 6 Total Sets	5 	20 / 20 / 20 / 20 / 20 Muffin Pump 25
Dumbbell Step Ups 4 Total Sets	3 1	15 / 15 / 15 / 15 Each Leg 8 Each Leg Heavy
Single Leg Extension Double Leg Superset 5 Total Sets	4 	12 Reps Per Leg + SS 15 Double Leg Muffin Pump 40 Double Leg
Low Walking Lunges	3	16 Steps Per Set
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		

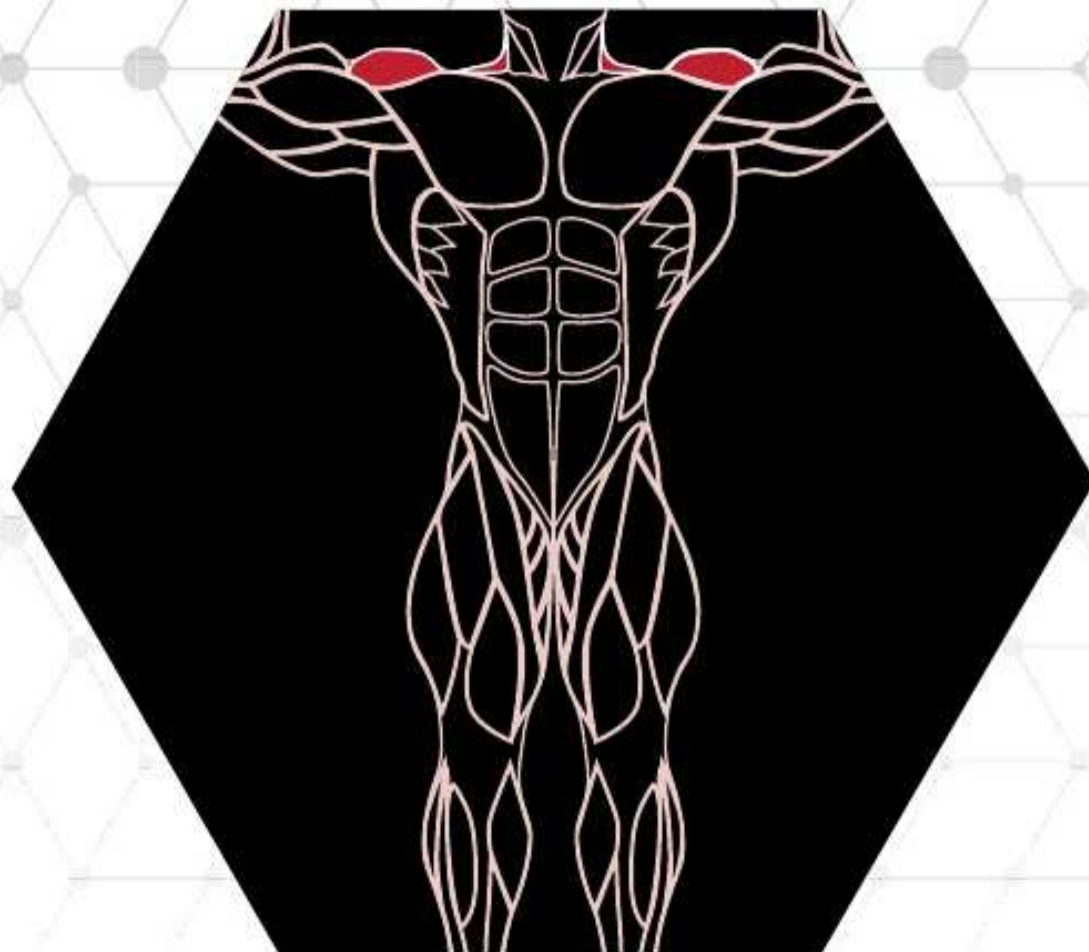
Single Leg Extension with Double Leg Supersets are brutal- control the tempo - don't speed through. You should feel a serious pump today!






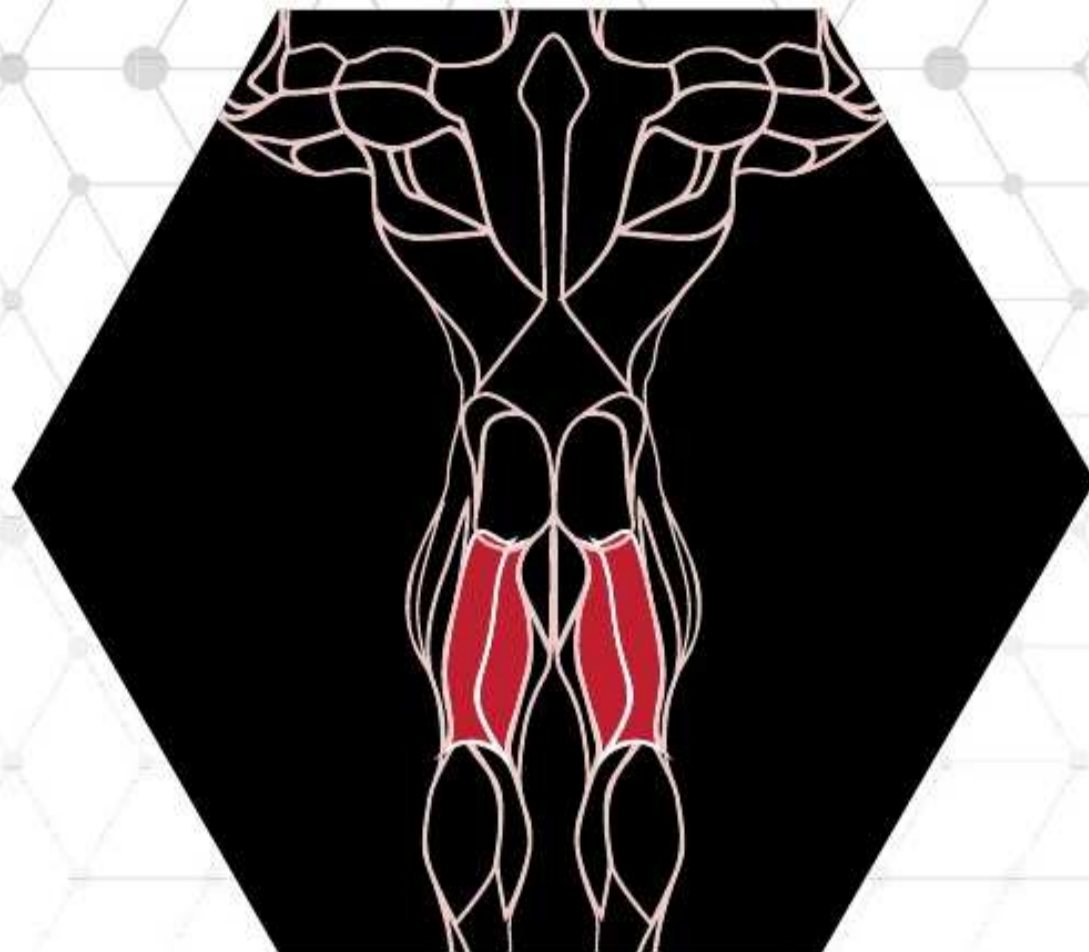
Exercise	Sets	Reps
Barbell Incline Bench 1	4	12 / 12 / 12 / 12
Decline Dumbbell Press	5	12 / 12 / 12 / 12 / 12
Pec Deck Flys 5 Total Sets	4 	12 / 12 / 12 / 12 / MP Muffin Pump 25
Upward Cable Fly 5 Total Sets	4 	12 / 12 / 12 / 12 / MP Muffin Pump 25
Downward Cable Fly	3	12 / 12 / 12
Close Grip Bench Press 3 Total Sets	2 	12 / 12 Muffin Pump 25
4 Step Tricep Rope Extension	4	10 Reps per Step
Seated Tricep Extension	3	To Failure Each Set
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		






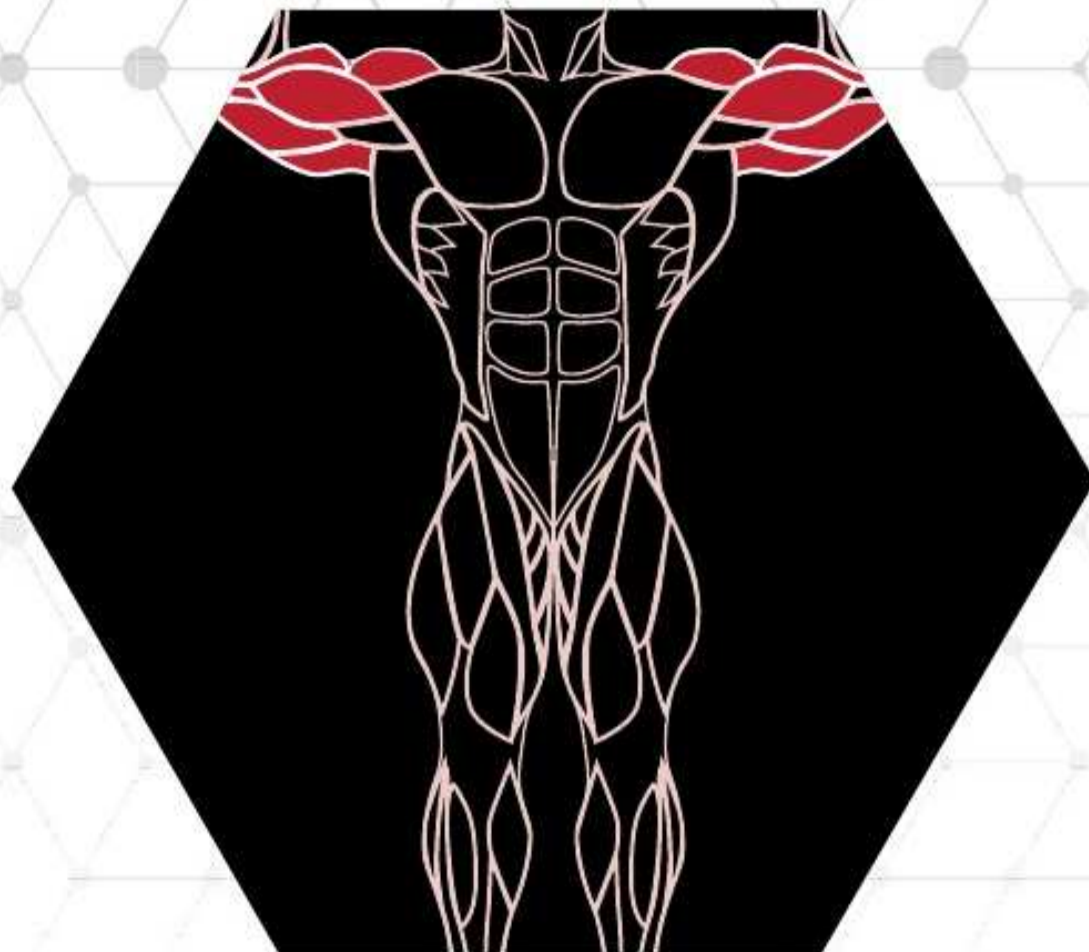
Exercise	Sets	Reps
Front Grip Barbell Row Pyramid Down	3	20 / 15 / 10
Reverse Grip Barbell Row Pyramid Down	4	20 / 15 / 12 / 10
Wide Lat Pulldown Pyramid Up 5 Total Sets	4 	10 / 10 / 10 / 10 Muffin Pump 25
Wide Cable Row Pyramid Up 4 Total Sets	3 	15 / 15 / 15 / 15 Muffin Pump 25
Reverse Grip Lateral Pulldown	3	15 / 15 / 15
Dumbbell Shrug	4	15 / 15 / 15 / 15
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		
Lat Pulldowns are a great way to add width to your back. Always squeeze your shoulder blades together. Control the tempo.		






Exercise	Sets	Reps
Standing Military Barbell Press 5 Total Sets	4 	12 / 12 / 12 / 12 Muffin Pump 25
Seated Dumbbell Press	5	12 / 12 / 12 / 12 / 12
Bent Over Dumbbell Lateral Raise Slight Bend	4	15 / 15 / 15 / 15
Side Lateral Cable Raise 5 Total Sets	4 	15 / 15 / 15 / 15 Muffin Pump 25
I's, Y's, & T's	4	15 Reps of Each (5 Reps Each Area)
Seated Rear Delt Dumbbell Fly 4 Total Sets	3 	15 / 15 / 15 Muffin Pump 25
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		



Exercise	Sets	Reps
Stiff Leg Barbell Deadlift Pyramid Up 6 Total Sets	2 WU 3 	Warm Up 40 10 / 10 / 10 Muffin Pump 25
Seated Single Leg Curls	3	8 / 8 / 8 Per Leg 10 Sec Hold At Bottom
Lying Leg Curls Pyramid Up 5 Total Sets	4 	10 / 10 / 8 / 8 Muffin Pump 25
Wide Leg Press Feet Pointed 45° Pyramid Up 5 Total Sets	4	12 / 10 / 8 / 8 / 6
Dumbbell Standing Calf Raise 5 Total Sets	4 	15 / 15 / 15 / 15 Muffin Pump 40
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		



Exercise	Sets	Reps
Triangle Bar Press Downs	4 	15 / 15 / 15 Muffin Pump 25
EZ Bar Curls	3	20 / 15 / 14
EZ Bar Skullcrushers Pyramid Up	3	15 / 12 / 10
Traditional Dumbbell Curls 6 Total Sets	3 	15 / 15 / 15 Muffin Pump 25
Hammer Dumbbell Curls	3	15 / 15 / 15
Lying Cable Row Bicep Curl	4	20 / 15 / 15 / 12
Dumbbell Overhead Extension	3	12 / 12 / 12
Cable Rope Curls 4 Total Sets	3 	15 / 15 / 15 Muffin Pump 25
Cable Rope Press Downs 4 Total Sets	3	15 / 15 / 15 Muffin Pump 25
15 Minute Cardio Cool Down Incline Treadmill or Stationary Bike		