

Chapter 4: Weeks 13 - 16

Monday – Chest & Lower Back						
Workout	Number of Repetitions			Specifics	Alternative	
	Set 1	Set 2	Set 3			
Bench Press	12	10	8	Flat with Barbell	With Dumbbells	Superset 1
Pull Ups	10	10	10	Body Weight	Chair Assisted	
Incline Bench Press	12	10	8	Incline with Barbell	With Dumbbells	Superset 2
Cable Row	15	12	10	Seated	With Barbell or Dumbbells	
Chest Dips	10	10	10	Body Weight	Chair Assisted	Superset 3
Lat Pulldown	15	12	10		Pull Up	

Tuesday – Arms						
Workout	Number of Repetitions			Specifics	Alternative	
	Set 1	Set 2	Set 3			
EZ Bar Curls	20	15	12	Standing – With Neutral Grip	With Dumbbells	Superset 1
Skull Crushers	15	12	10	With Ez Bar	With Dumbbells	
Incline Dumbbell Curls	10 each	10 each	10 each	Seated – Alternating	Cable Curls	Superset 2
Tricep Pulldown	15	15	15	Cable Rope	Dumbbell Extension	
Preacher Curls	15	12	10	With Ez Bar	With Dumbbells	Superset 3
Overhead Tricep Extension	12 each	10 each	8 each	Single Arm with Dumbbell		

Wednesday - Legs						
Workout	Number of Repetitions			Specifics	Alternative	
	Set 1	Set 2	Set 3			
Squat	12	10	8	Barbell	With Dumbbells	Superset 1
Leg Extensions	12	12	12	Seated		
Deadlift	15	12	10		With Dumbbells	Superset 2
Leg Curls	12	12	12	Lying		
Step Ups	8 each	8 each	8 each	Seated	With Barbell or Dumbbells	

Thursday – Shoulders & Upper Back						
Workout	Number of Repetitions			Specifics	Alternative	
	Set 1	Set 2	Set 3			
Rotating Shoulder Press	12	10	8	(Arnold Press) Seated with Dumbbells	Use Resistance Band	Superset 1
Bent Over Dumbbell Raise	15	15	15	Lateral Pronated	Chair Assisted	
Dumbbell Raise	15	15	15	Lateral	Use Resistance Band	Superset 2
Barbell Military Press	20	15	12	Standing	With Dumbbells	
Dumbbell Shrugs	20	20	20			

Friday – Chest & Triceps						
Workout	Number of Repetitions			Specifics	Alternative	
	Set 1	Set 2	Set 3			
Bench Press	12	10	8	Flat with Dumbbells		Superset 1
Flys	15	12	10	Incline with Dumbbells		
Tricep Dips	10	10	10	Body Weight	Chair Assisted	Superset 2
Tricep Kickbacks	12 each	12 each	12 each	With Dumbbells		
Decline Bench	15	12	10	With Barbell	With Dumbbells	