

## Day 1 – Chest Exercises:

### Barbell Bench Press



### Incline Dumbbell Press



### Decline Dumbbell Bench Press



**Dumbbell Flyes**



**Bent-Arm Dumbbell Pullover**



## Day 2 – Shoulder Exercises:

### Arnold Dumbbell Press



### Dumbbell Lateral Raise



### Front Dumbbell Raise



Rear Deltoid Row



Upright Barbell Row



## Day 3 – Back Exercises:

### Lying T-Bar Row



### Seated Cable Rows



### Barbell Deadlift



### Wide-Grip Lat Pulldown

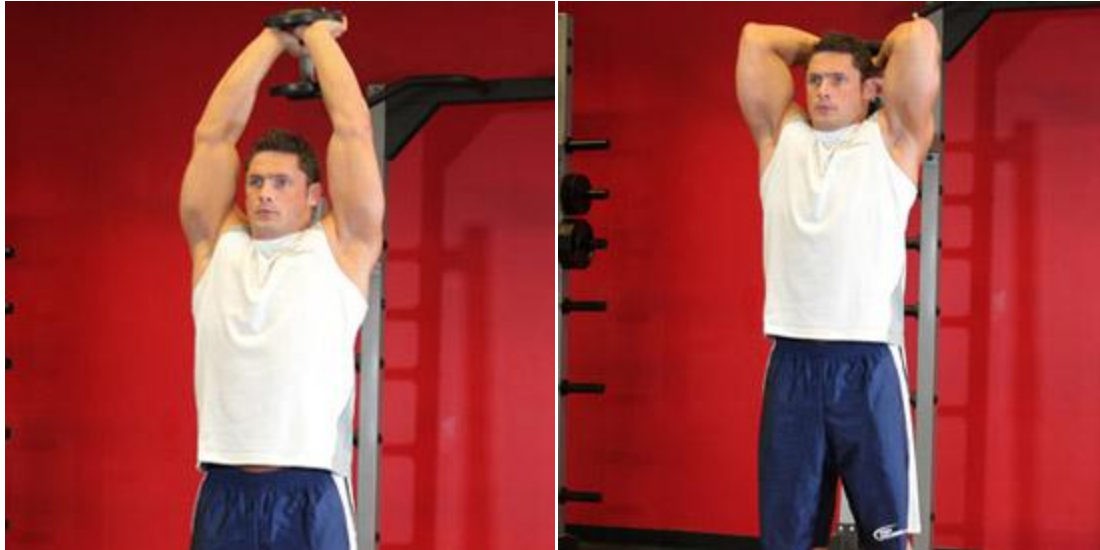


### Pulldown



## Day 5 – Arms Exercises:

### Standing Dumbbell Triceps Extension



### Lying Close-Grip Barbell Triceps Extension Behind The Head



### Triceps Dumbbell Kickback



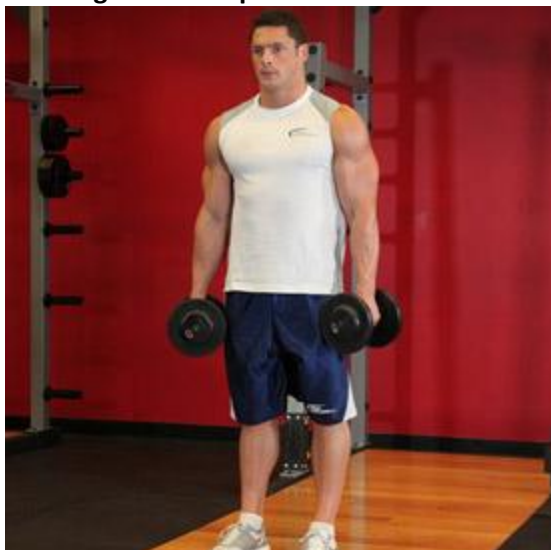
### EZ-Bar Curl



Barbell Scott Curl Close-Grip – (not the same as in image, closer)



### Standing Inner-Biceps Curl



**Palms-Down Dumbbell Wrist Curl Over A Bench**



**Palms-Up Dumbbell Wrist Curl Over A Bench**



## Day 6 – Legs Exercises:

### Hack Squat



### Leg Press



### Leg Extensions



### Lying Leg Curls



### Seated Calf Raise



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