BUFFTASTIC

	WEEK				WEEK				WEEK			
Push Day	1	2	3	4	1	2	3	4	1	2	3	4
Bench Press												
Land Mine Press												
Incline DB Press												
Incline Skull Crushers												
Standing Dumbbell Press												
Close Grip Bench Press (Super Set Dips Below)												
Non Weighted Cross Bench Dips												
Tension Band Tricep Pullover												
pull day												
Angle Pulls												
Seated row to Lying Curl												
One arm Over head pull down												
Face Pulls (Cable)												
Dumbbell Shrugs												
Dumbbell curls + Tension band												
Reverse Curls Cable												
leg day												
Bar Squat												
Dead Lift												
Hack Squat with half Rep Pause												
Romanian Dead Lift Dumbbells												
Pit Shark / Drop Squat												
Double Leg Curl												
Double Leg Extension												
Calf Raise												