	WEEK				WEEK				WEEK			
Pull Day	1	2	3	4	1	2	3	4	1	2	3	4
Weighted Pull Ups												
1 Arm Lat Pull												
Meadow Row												
Close Grip Pull Down Pronated												
Face Pulls												
Bent over Delt Fly Pronatred												
Spider Curls												
Rope Hammer Curl												
Leg day												
Goblet Squat												
Hex Dead lift												
Romanian Dead Lift												
Walking Lunges												
Single Leg Extentions												
Singel Leg Curl												
Seated Calf Raise												
push day												
Dumbbell Bench Press												
Chest Cable Fly												
Decline Bench Press												
Standing overhead Bar Press												
Leaning Cable Delt Fly												
Underhand Tricep Pull down												
Overhead Tricep DB Extention												