

Day A

Weight And Reps Used:

I. Zercher Squat

2 Warmup Sets

3 Work Sets

II. Leg Extension

1 Warmup Set

2 Work Sets

III. Glute-Ham-Raise

1 Warmup Set

2 Work Set

IV. Dumbbell Shoulder Press

1 Warmup Set

2 Work Sets

V. Dumbbell Bench Press

1 Warmup Set

2 Work Sets

VI. Partial Bench Press (Lower Half)

2 Warmup Sets

3 Work Sets

VII. Overhead Extension

1 Warmup Set

2 Work Sets

VIII. Calf-Raise

2 Warmup Set

3 Work Sets

IX. Y-Raise

2 Work Sets

Day B

Weight And Reps Used:

I. Leg Curl

1 Warmup Set

2 Work Sets

II. Romanian Deadlift

2 Warmup Sets

3 Work Sets

III. Pendlay Row

2 Warmup Sets

3 Work Sets

IV. Bent-Over Row

2 Warmup Sets

3 Work Sets

V. Cable Curl

2 Work Sets

VI. Cable Pull-Apart

2 Work Sets

VII. Cable Upright Row

2 Work Sets

VIII. Trunk Extension

1 Warmup Set

2 Work Sets

IX. Trunk Flexion

1 Warmup Set

2 Work Sets