

Day A

Reps And Weight Used:

I. Leg Curl

1 Warmup Set

2 Work Sets

II. Deadlift

2 Warmup Sets

3 Work Sets

III. Bench Press

2 Warmup Sets

3 Work Sets

IV. Cable Pushdown

1 Warmup Set

2 Work Sets

V. Trunk Extension

1 Warmup Set

2 Work Sets

VI. Trunk Flexion

1 Warmup Set

2 Work Sets

Day B

Reps And Weight Used:

I. Underhand Lat Pulldown

2 Warmup Sets

3 Work Sets

II. Seated Cable Row

2 Warmup Sets

3 Work Sets

III. Hammer Curl

2 Work Sets

IV. Dumbbell Shrugs

1 Warmup Set

2 Work Sets

V. Cable Depression

1 Warmup Set

2 Work Sets

VI. Calf Raises

2 Warmup Sets

3 Work Sets