

# Workout Part 1: 8 WEEKS

<b>DAY 1- Chest &amp; Calves</b>			
<i>Incline Barbell Bench Press (Do warmup sets)</i>	X	X	X
Incline Dumbbell Bench Press	X	X	X
Flat Barbell Bench Press	X	X	X
Dip / Incline Pushup	X	X	X
Standing Calf Raise	X	X	X
Seated Calf Raise	X	X	X
<b>DAY 2- Back, Glutes, &amp; ABS</b>			
<i>Barbell Deadlift (Do warmup sets)</i>	X	X	X
<i>Barbell Squat (Do warmup sets)</i>	X	X	X
Barbell Row	X	X	X
Dumbbell Row	X	X	X
Abs Circuit	X	X	X
<b>DAY 3- Shoulders &amp; Calves</b>			
<i>Seated or Standing Barbell Military Press (Do warmup sets)</i>	X	X	X
Side Lateral Raise	X	X	X
Bent-over Dumbbell Rear Delt Raise	X	X	X
Leg Press Calf Raise	X	X	X
Donkey Calf Raise or Leg Press Calf Raise	X	X	X
<b>DAY 4- Arms &amp; ABS</b>			
<i>Barbell Curl (Do warmup sets)</i>	X	X	X
<i>Close-grip Bench Press (Do warmup sets)</i>	X	X	X
Alternating Dumbbell Curl	X	X	X
Seated Triceps Press	X	X	X
Abs Circuit	X	X	X
<b>DAY 5- Legs &amp; Glutes</b>			
<i>Barbell Squat (Do warmup sets)</i>	X	X	X
Leg Press	X	X	X
Romanian Deadlift	X	X	X
Barbell or Dumbbell Hip Thrusts	X	X	X