

|   | Week 1 |      |      | Week 2 |      |      | Week 3 |      |      | Week 4 |      |      |
|---|--------|------|------|--------|------|------|--------|------|------|--------|------|------|
| Day   | Weight | Sets | Reps | Weight | Sets | Reps | Weight | Sets | Reps | Weight | Sets | Reps |
| <b>Day 1</b><br>Major Lower Body Exercise 1<br>Minor Upper Body Exercise 1<br>Core/ Ab Training           |        |      |      |        |      |      |        |      |      |        |      |      |
| <b>Day 2</b><br>Major Upper Body Exercise 1<br>Minor Lower Body Exercise 1<br>Minor Lower Body Exercise 2 |        |      |      |        |      |      |        |      |      |        |      |      |
| <b>Day 3</b><br>Major Lower Body Exercise 2<br>Minor Upper Body Exercise 2<br>Core/ Ab Training           |        |      |      |        |      |      |        |      |      |        |      |      |
| <b>Day 4</b><br>Major Upper Body Exercise 2<br>Minor Lower Body Exercise 2<br>Minor Upper Body Exercise 3 |        |      |      |        |      |      |        |      |      |        |      |      |

### Major Lower Body Exercises

Back Squat  
Front Squat  
Box Squat  
Barbell Lunge  
Barbell Split Squat  
Conventional Deadlift  
Sumo Deadlift  
Romanian Deadlift  
Trap Bar Deadlift  
Goodmorning

### Major Upper Body Exercises

Bench Press  
Close Grip Bench Press  
Paused Bench Press  
Feet Up Bench Press  
Incline Bench Press  
Overhead Press  
Barbell Row  
Pull Ups

### Minor Lower Body Exercises

Dumbbell Squat  
Goblet Squat  
Dumbbell Lunge  
Dumbbell Split Squats  
Dumbbell Step Ups  
Dumbbell Deadlift  
Dumbbell Romanian Deadlift  
Back Raise  
Cable Pull Through

### Minor Upper Body Exercises

Dumbbell Bench Press  
Dumbbell Incline Bench Press  
Dumbbell Overhead Press  
Push Ups  
Dips  
Pull Downs  
Seated Cable Row  
Horizontal Pullups  
Dumbbell Rows  
Face Pulls

### Core/Ab Exercises

Planks  
Side Planks  
Ab Wheel Rollouts  
Loaded Carries  
Leg Raises  
Reverse Crunch