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Dumbbell Incline Curl	3 x 3-5
One-Arm High Cable Curl	3 x 3-5
Smith Machine Hip Thrust	3 x 6-9
Machine Crunch	3 x 6-9
Band Roundhouse Elbow	3 x 6-9

### WORKOUT 3: SHOULDERS, TRAPS, CALVES

EXERCISE	SETS x REPS
Dumbbell Shoulder Press	4 x 3-5
Dumbbell Lateral Raise	3 x 3-5
One-Arm Cable Front Raise	3 x 3-5
High Cable Rear Delt Fly	3 x 3-5
Dumbbell Shrug	4 x 3-5
Seated Calf Raise	4 x 6-9
Leg Press Calf Raise	4 x 6-9

### WORKOUT 4: LEGS AND ABS

EXERCISE	SETS x REPS
Squat	4 x 3-5
One-Leg Leg Press	3 x 3-5
Leg Extension	3 x 3-5
Romanian Deadlift	4 x 3-5
Lying Leg Curl	3 x 3-5
Smith Machine Hip Thrust	3 x 6-9
Machine Crunch	3 x 6-9
Plank	3 x 75 sec.

## PHASE 2: WEEK 1

Rest-pause set as last set of each exercise

### WORKOUT 1: CHEST, TRICEPS, CALVES

EXERCISE	SETS x REPS
Bench Press	4 x 12-15
Incline Dumbbell Press	3 x 12-15
Dumbbell Flye	3 x 12-15
Incline Cable Cable Flye	3 x 12-15

Triceps Pressdown	3 x 12-15
Dumbbell Overhead Triceps Extension	3 x 12-15
Cable Lying Triceps Extension	3 x 12-15
Standing Calf Raise	4 x 25-30
Seated Calf Raise	4 x 25-30

### WORKOUT 2: BACK, BICEPS, ABS

EXERCISE	SETS x REPS
Dumbbell Bent-Over Row	4 x 12-15
Behind-Neck Pulldown	3 x 12-15
Seated Cable Row	3 x 12-15
Reverse-Grip Pulldown	3 x 12-15
Barbell curl	4 x 12-15
Preacher Curl	3 x 12-15
Behind-Back Cable Curl	3 x 12-15
Hip Thrust	3 x 20-30*
Crunch	3 x 20-30*
Oblique Crunch	3 x 20-30*

\*Shoot for at least 20-30 reps, but if you can do more, continue until reaching failure. If you cannot complete 20 reps, do as many as you can try to get as close to 20 reps as possible.

### WORKOUT 3: SHOULDERS, TRAPS, CALVES

EXERCISE	SETS x REPS
Dumbbell Shoulder Press	4 x 12-15
Smith Machine Upright Row	3 x 12-15
One-Arm Cable Lateral Raise	3 x 12-15
Bent-Over Lateral Raise	3 x 12-15
Barbell Shrug	4 x 12-15
Seated Calf Raise	4 x 25-30
Leg Press Calf Raise	4 x 25-30

### WORKOUT 4: LEGS AND ABS

EXERCISE	SETS x REPS
Squat	4 x 12-15
Front Squat	3 x 12-15



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