



DIGIFOXONLINE

DAY 1

EXERCISE	SETS	REPS
BENCH PRESS	3-5	5-10
MILITARY PRESS	3	10-12
CABLE/DUMBBELL FLYS	3	12-15
LATERAL RAISES	3	15-20
TRICEP EXTENSIONS	3	12-15
PLANKS		
CABLE CURLS	3	10-15

**CHANGE REP AND SETS
SCHEME TO MEET YOUR GOALS**



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DAY 2

EXERCISE	SETS	REPS
SQUATS	3-5	5-7
RDL	3	7-10
LEG EXTENSIONS	3	10-15
DUMBBELL BICEP CURLS	3	12-15
HAMMER CURLS	3	12-15
LEG RAISES	3	10
CRUNCHES	3	10
CALF RAISES	3	FAILURE

**CHANGE REP AND SETS
SCHEME TO MEET YOUR GOALS**



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DAY 3

EXERCISE	SETS	REPS
DEADLIFTS	3	3-5
LAT PULLDOWNS	4	12
BARBELL ROWS	3	7-10
HYPEREXTENSIONS	3	8-10
FACE PULLS	3	10-15
PREACHER CURLS	3	8-10
OVERHEAD TRICEP EXTENSIONS	3	10-15

**CHANGE REP AND SETS SCHEME TO
MEET YOUR GOALS**