

Day 1 [Monday] Chest & Abs

- Incline Press (Bar or Machine): 3x4-6
- Leg Raises: 3x15
- KB Swings: 3x20
- DB Incline Presses: 3x6-8
- Cable Crunch: 3x10-12
- Step-ups: 3x20
- Cable Flys: 2-3x15
- Dips: 2-3x8-15
- KB Swings or Step-ups: 3x20

Day 2 [Tuesday] Back & Calves

- Pull-up (weighted): 3x4-6
- Calf Raises: 3x10-20
- KB Swings: 3x20
- Cable Pullovers: 3x15
- Cable Rows: 3x6-12
- Calf Raises: 3x10-20
- DB Shrugs: 3x8-10
- Calf Raises: 6x10-12
- Step-ups: 3x20

Day 3 [Wednesday] Shoulders & Abs

- Overhead Presses: 3x4-6
- V-Ups: 3x20
- KB Swings: 3x20
- DB Presses: 3x6-8
- Leg Raises: 3x15
- Step-ups: 3x20
- Side Lateral Raise: 2-3x15
- DB Presses: 2-3x8-15
- KB Swings: 2-3x20
- Cable Crunch: 3x15
- Leg Raises: 3x15-20
- Air Bicycles: 3x50

Day 4 [Thursday] Legs

- Bulgarian Squats 3x4-6
- Leg Curls: 3x6-10
- Calf Raises: 3x10-20
- Leg Press 3x6-10
- Leg Curls: 3x6-10
- Calf Raises: 3x10-20
- Leg Extensions: 2-3x15
- Machine Leg Press: 2-3x10-15
- Calf Raises: 2-3x10-20
- Leg Curls: 3x4-6
- Hyper Extensions: 3x10-12
- Calf Raises: 2x10-20

Day 5 [Friday] Chest & Arms

- Machine Incline Press: 3x8-12
- Barbell Curl: 3x8-10
- KB Swings: 3x20
- Push-downs: 3x6-10
- Hammer Curls: 3x8-10
- Step-ups: 3x20
- Cable Crunch: 3x15
- Leg Raises: 3x15-20
- Air Bicycles: 3x50

Rest: Ensure you catch your breath between lifts. Rest 1-minute after completing each exercise circuit. This should allow 3-5 minutes between working sets.

You can begin the Kettlebell swings or step-ups slightly winded since these are included to get your heart rate-up and burn calories, not build muscle mass. If you aren't concerned with burning additional calories, you can omit them from the routine.