

Day 1 [Monday] Chest & Abs

- Incline Press (Bar or Machine): 3x4-6
- Leg Raises: 3x15
- KB Swings: 3x20*
- DB Incline Presses: 3-5x6-8
- Cable Crunch: 3-5x10-12
- Step-ups: 3-5x20*
- Cable Flys: 2x15
- Dips: 2x8-15
- KB Swings or Step-ups: 2x20

Day 2 [Tuesday] Back & Calves

- Pull-up (weighted): 3x4-6
- Calf Raises: 3x10-20
- KB Swings: 3x20*
- Cable Pullovers: 3-5x15
- Cable Rows: 3-5x6-12
- Calf Raises: 3-5x10-20*
- 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: 3-5x6-8
- Leg Raises: 3-5x15
- Step-ups: 3-5x20*
- Side Lateral Raise: 2x15
- DB Presses: 2x8-15
- KB Swings: 2x20*
- Cable Crunch: 3x15
- Leg Raises: 3x15
- Incline Sit-ups: 3x15

Day 4 [Thursday] Legs

- Bulgarian Squats 3x4-6
- Leg Curls: 3x8-12
- Calf Raises: 3x10-20
- Leg Extensions: 3-5x15
- Leg Press 3-5x6-10
- Leg Curls: 3-5x8-12
- Calf Raises: 3-5x10-20
- Leg Curls: 2x4-6
- Hyper Extensions: 2x10-12
- Calf Raises: 2x10-20

Day 5 [Friday] Chest, Back, & Arms

- Machine Incline Press: 3-5x8-12
- Cable Rows: 3-5x8-12
- KB Swings: 3x20*
- Push-downs: 3-5x6-10
- Hammer Curls: 3-5x6-10
- Step-ups: 3-5x20*
- Cable Crunch: 3x15
- Leg Raises: 3x15
- Incline Sit-ups: 3x15

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.

***Optional exercises** to burn extra calories. You can begin them slightly winded since these are included to burn calories, not build muscle mass. Feel free to substitute 30-60 seconds of any cardio activity you prefer if you don't like doing kettlebell swings or step-ups.

Volume Mesocycle

Week 1 – perform 3 sets, on exercises that list 3-5 sets

Week 2 – perform 4 sets, on exercises that list 3-5 sets

Week 3 – perform 5 sets, on exercises that list 3-5 sets

Week 4 – DELOAD, reduce weights by approximately 15-20%, use same sets & reps as Week 1.

These should be easy pump workouts. The purpose of a deload is to ensure your body is fully recovered.