

**UPPER BODY**

**PULL-UP**

**CURL**

**UPRIGHT ROW**

**BENT OVER ROW**

**UPPER BODY**

**SHRUG**

**BENCH PRESS**

**INCLINE PRESS**

**PUSH-UP**

**UPPER BODY**

**DIP**

**T-BAR ROW**

**OVERHEAD TRICEPS EXTENSION**

**LAT PUSHDOWN**

**UPPER BODY**

**WIDE GRIP PULLDOWN**

**SEATED CABLE ROW**

**DEAD LIFT**

**SINGLE LEG DEADLIFT**

**LOWER BODY**

**SOMO DEADLIFT**

**HAMSTRING EXTENSION**

**STRAIGHT LEG DEAD LIFT**

**LAND MINE SQUAT**

**LOWER BODY**

**SQUAT**

**FRONT LOADED SQUAT**

**CABLE ROW SQUAT**

**HIP ADDUCTION**

**TOTAL BODY**

**HANG CLEAN**

**HANGING KNEE RAISE**

**CORE**

**PERFORM WORKOUT AS FOLLOWS:**

- Select 2-3 exercises per body part.
- Perform the appropriate rep and set range for your goal.

FITNESS LEVEL	REPETITIONS	SETS
Beginner	8-10 REPS	1-3 SETS
Intermediate	12-15 REPS	2-4 SETS
Advanced	15-20 REPS	1-3 SETS