

Week 1-5 Chest, triceps and shoulders

Mon-Fri	Sat
Wide grip push ups x4	Quad focused lunges x4
Overhead dumbbell extension x3	Nordic curl x4
Dumbbell lateral raises x4	Dumbbell rows x4
	Dumbbell curls x3

Week 6-10 Back and biceps

Mon-Fri	Sat
Barbell row x4	Quad focused lunges x4
Seated incline curls x3	Nordic curl x4
	Wide grip push ups x4
	Over head dumbbell extension x3
	Dumbbell lateral raises x4

Week 11-15 Quadriceps and posterior chain

Mon-Fri	Sat
Goblet squat x4	Barbell row x4
Dumbbell RDL x4	Wide grip push ups x4
	Seated incline curls x3
	Over head dumbbell extension x3
	Dumbbell lateral raises x4