

**Week 1-5 Chest, triceps and shoulders**

<b>Mon-Fri</b>	<b>Sat</b>
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**

<b>Mon-Fri</b>	<b>Sat</b>
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**

<b>Mon-Fri</b>	<b>Sat</b>
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