

Monday – Workout A		Sets	Reps
Squats		5	5
Bench Press		5	5
Shoulder press		5	5
Barbell row		5	5
Shrugs		3	8
Pull ups		3	8
Bicep curls		3	8
Forearm curls		3	8

Wednesday- Workout B		Sets	Reps
Squats		5	5
Incline Bench press		5	5
Pull Ups		5	5
Deadlift		5	5
Bicep curls		3	8
French press		3	8
Side Raises		3	8
Rear delts		3	8

Friday – Workout A		Sets	Reps
Squats		5	5
Bench Press		5	5
Shoulder press		5	5
Barbell row		5	5
Shrugs		3	8
Pull ups		3	8
Bicep curls		3	8
Forearm curls		3	8