

WORKOUT			
4 Training Days a week			
Day - ONE	Day - TWO	Day - THREE	Day - FOUR
Barbell Squats	Pullups	Flat Bench Press	Biceps Alternate Curls Supination
Leg Extensions	Seated Cable Rows	Dumbbell Pullover	Concentration Curls
Leg Curls	Deadlifts	Cable Crossover	Skull Crushers
Seated Calf Raises	Dumbbell Shrugs	Dumbbell Front Raises	Triceps Pushdowns (Rope)
		Dumbbell Side Raises	Crunches
		Dumbbell Rear Raises	Hip Raises