

MONDAY**SUPERSET WORKOUT A**

Superset #1	Sets	Reps
Chest		
Flat Barbell Press	2	8 - 10
Back		
Bent-Over Barbell Row	2	8 - 10
Superset #2	Sets	Reps
Chest		
Incline Barbell Press	2	8 - 10
Back		
Machine Lat Pull Downs	2	8 - 10
Superset #3	Sets	Reps
Chest		
Flat Barbell Press	2	8 - 10
Back		
Bent-Over Barbell Row	2	8 - 10
Superset #4	Sets	Reps
Chest		
Pec Machine Fly	2	8 - 10
Back		
Dumbbell Shrugs	2	8 - 10

***Instructions:** The above chest and back exercises are performed in a superset fashion. Set #1 is flat Barbell Press. Set #2 is Bent Over Barbell Row. These sets are performed back-to-back with no more than 1-minute rest between each set. Alternate between each exercise until you have completed 2 sets of each exercise. Do this for all supersets.

TUESDAY
OFF / REST DAY

WEDNESDAY		
LEGS / ABS		
Exercise	Sets	Reps
Legs		
Hack Squat	4	8 – 10
Stiff Leg Dead Lifts	4	8 – 10
Machine leg Extensions	3	8 – 10
Abs		
Kneeling Crunch	3	8 – 10
Flat Bench Lying Leg Raises	3	8 – 10

THURSDAY

SUPERSET WORKOUT B

Superset #1	Sets	Reps
Chest		
Flat Dumbbell Press	2	8 – 10
Back		
Single Arm Dumbbell Rows	2	8 – 10
Superset #2	Sets	Reps
Chest		
Incline Dumbbell Press	2	8 – 10
Back		
Sitting Cable or Machine Rows	2	8 – 10
Superset #3	Sets	Reps
Chest		
Flat Dumbbell Press	2	8 – 10
Back		
Wide Grip Pull Ups	2	8 – 10
Superset #4	Sets	Reps
Chest		
Dumbbell Pec Fly	2	8 – 10
Back		
Machine Lat Pull Downs	2	8 – 10

FRIDAY

OFF / REST DAY

SATURDAY

ARMS AND SHOULDERS

Exercise	Sets	Reps
Shoulders		
Dumbbells Over Press	4	8 - 10
Dumbbell Side Lateral Raises	4	8 - 10
Biceps		
Dumbbell Curls	3	8 - 10
Preacher Curl	3	8 - 10
Triceps		
Close Grip Bench Press	3	8 - 10
Cable Push Down with Rope	3	8 - 10

SUNDAY

OFF / REST DAY

[Optimum Mass Version 2.0](#)