Red Kingdom Fitness

Men's Workout II

12 Week Program

Week 1

Chest

Chest Press – bench, dumbbells	4 sets - 10,10,8,8
Incline Chest Press – barbell, smith machine	4 sets - 10,10,8,8
Pec Flys – pec machine	4 sets - 10,10,8,8
Seated Chest Raises – dumbbells – both arms	4 sets - 10 reps
Chest Flys – cables	4 sets - 15,15,12,10

Back

T-Bar Rows or Dumbbell Rows	4 sets - 10,10,8,8
Lat Pull Downs – cables, machine	4 sets - 10,10,8,8
Seated Rows – machine	4 sets - 12,10,8,8
Romanian Dead Lifts – barbell, smith machine	4 sets - 10 reps
Bent Back Flys - dumbbells	4 sets - 10 reps

Shoulders

Arnold Press – dumbbells	4 sets - 12 reps
Side Lateral Raises – seated, dumbbells	4 sets - 12 reps
Bent Rear Delt Flys – dumbbells	4 sets - 12 reps
Front Raises – dumbbells or weight plate	4 sets - 12 reps
Upright Rows – ez bar, smith machine	4 sets - 12 reps

Legs

Bulgarian Split Squats – smith machine, bench	4 sets - 10 reps
Straight Leg Deadlifts – dumbbells	4 sets - 12 reps
Leg Curls – machine	4 sets - 12 reps
Calf Raises – machine, smith machine	4 sets - 20,20,15,15
Glutes – machine, hip thrusts	4 sets - 12 reps
Goblet Squats – 1 dumbbell, weight plate	4 sets - 12 reps

Biceps

Hammer Curls – dumbbells, both arms	4 sets - 12 reps
One Arm Preacher Curls – dumbbell	4 sets - 10 reps
Bicep Curls – use 45lb barbell	4 sets - 15 reps
Bicep Curls – machine	4 sets - 12 reps
Bicep Curls – cables	4 sets - 15,12,10,10

Triceps

Skull Crushers w/ Chest Press – ez bar	4 sets - 10/10 reps
Tricep Extensions – machine	4 sets - 10 reps
Dips – dip bar, slight lean forward	4 sets - 15 reps
Overhead Tricep Extension – 1 dumbbell	4 sets - 12 reps
Tricep Extensions – cables	4 sets - 12 reps

Abs/ Core

Crunches – weight plate	4 sets - 20 reps
Leg Raises – ab/dip bar	4 sets - 25 reps
Obliques – torso rotation - machine	4 sets - 20 reps
Planks	4 sets - 45 seconds

Cardio

Stationary Bike	20 minutes
Rower	15 minutes
Treadmill	20 minute

Week 2

Chest

Incline Chest Press – dumbbells	4 sets - 10,10,8,8
Bench Press – barbell, smith machine	4 sets - 10,10,8,8
Pec/ Chest Flys – machine	4 sets - 12,10,10,8
Chest Raises – small barbell	4 sets - 12 reps
Chest Flys - cables	4 sets - 12 reps

Back

Bent Back Rows – barbell, reverse grip	4 sets - 12 reps
High Rows - machine	4 sets - 10,10,8,8
Romanian Deadlifts - barbell	4 sets - 10,10,8,8
Straight Arm Lat Pulls – cables	4 sets - 15 reps
Bent Back Flys – dumbbells	4 sets - 10,10,8,8

Shoulders

Seated Shoulder Press – barbell, smith machine	4 sets - 10 reps
Side Lateral Raises – cables	4 sets - 12 reps
Rear Delt Flys – cables, rope	4 sets - 15 reps
Front Raises – small barbell	4 sets - 10 reps
Seated Lateral Raises – machine	4 sets - 15,12,10,10

Legs

Squats – smith machine, barbell	4 sets - 15 reps
Leg Curls – machine	4 sets - 12 reps
Glutes – machine, hip thrusts	4 sets - 10 reps
Calf Raises – 10 heavy - drop set - 15 lighter	4 sets - 10 & 15 reps
Dead Lifts – hexagon bar	4 sets - 10,10,8,8
Sled – push there/ pull back	4 sets - there & back

Biceps

Reverse Curls – ez bar	4 sets - 12 reps
Curls – small barbell, both arms	4 sets - 10 reps
Bicep Curls - cables	4 sets - 15 reps
Bicep Curls – machine	4 sets - 10 reps
Pull Ups – reverse, close grip	4 sets - 10 reps

Triceps

Tricep Kickbacks – dumbbells, cables	4 sets - 15 reps
Tricep Extensions – cables, v bar	4 sets - 15,12,10,10
Tricep Press – machine	4 sets - 12 reps
Pin Press – bench, small barbell, smith machine	4 sets - 10 reps
Diamond Push – Ups	4 sets - 20 reps

Abs/ Core

Decline Crunches – use weight	4 sets - 20 reps
Seated Crunches - machine	4 sets - 25 reps
Planks	3 sets - 1 minute
Obliques – core rotation machine	4 sets - 15 reps per side

Cardio

Stair Stepper	15 minutes x 2 this week
Rowing – rowing machine	15 minutes
Treadmill – slight incline, jog or run	15 minutes

Week 3

Chest

Decline Chest Press – dumbbells	4 sets - 10,10,8,8
Chest Flys – bench, dumbbells	4 sets - 10 reps
Incline Chest Press – dumbbells touching	4 sets - 10 reps
Chest Flys - cables	4 sets - 12 reps
Push Ups	4 sets - 20 reps

Back

Pull Ups – assisted if needed	4 sets - 12 reps
Seated Back Rows - machine	4 sets - 12,10,10,8
Romanian Deadlifts – barbell or dumbbells	4 sets - 10 reps
Two-Arm Dumbbell Rows - dumbbell	4 sets - 10,10,8,8
Back Flys – cables	4 sets - 15 reps

Shoulders

Shoulder Press – small barbell	4 sets - 12 reps
Lateral Raises – machine or dumbbells	4 sets - 10 reps
Front Shoulder Raises – small barbell	4 sets - 10 reps
Rear Delts Flys – pec fly machine	4 sets - 12 reps
One - Arm Shoulder Press – 1 dumbbell	4 sets - 10 reps

Legs

Leg Extensions - machine	4 sets - 15 reps
Leg Curls – machine	4 sets - 15 reps
Dumbbell Squats - dumbbells	4 sets - 15 reps
Calf Raises - machine	4 sets - 10,10,15,20 reps
Hip Abductor/Adductors – machine	4 sets - 15 reps ea. side
Static Lunges – dumbbells	4 sets - 10 reps ea. leg
Glutes – kickbacks, machine	4 sets - 12 reps

Biceps

Standing Bicep Curls – ez bar	4 sets - 20 reps
One -Arm Preacher Curls – dumbbell	4 sets - 10 reps
Reverse Bicep Curls – ez bar	4 sets - 12 reps
Bicep Curls – cables	4 sets - 15 reps
Hammer Curls – dumbbells, both arms	4 sets - 12 reps

Triceps

Skull Crushers w/ Chest Press – ez bar	4 sets - 12/12 reps
Tricep Kickbacks – dumbbells	4 sets - 10 reps
Tricep Extensions – cables, v bar	4 sets - 10 reps
Overhead Tricep Extensions – cables, rope	4 sets - 10 reps
Tricep Press – machine	4 sets - 12,10,8,8

Abs/ Core

Crunches – machine	4 sets - 20 reps
Leg Raises – dip bar	4 sets - 20 reps
Planks	3 sets - 1-minute ea.
Obliques – machine	4 sets - 12 reps ea. side

Cardio

Stationary Bike	15 minutes
Elliptical	15 minutes
Treadmill	15 minutes

Week 4

Chest

Incline Chest Press – barbell, smith machine	4 sets - 10,10,8,8
Chest Flys – decline bench, dumbbells	4 sets - 12 reps
Pec/ Chest Flys - machine	4 sets - 15,12,10,10
Chest Raises - cables	4 sets - 12 reps
Chest Flys – bench, dumbbells	4 sets - 12,12,10,10

Back

Bent Back Flys – dumbbells	4 sets - 12,12,10,10
Bent Barbell Rows – reverse grip, sm. barbell	4 sets - 12,12,10,10
High Rows – machine	4 sets - 12,12,10,10
Straight - Arm Lat Pulldowns - cables	4 sets - 12 reps
Back Raises – roman chair, weight plate	4 sets - 15 reps

Shoulders

Shoulder Press – machine	4 sets - 12 reps
Front Shoulder Raises – cables	4 sets - 12 reps
Seated Rear Delts– cable row, rope	4 sets - 15 reps
Lateral Raises - cables	4 sets - 10 reps
Arnold Press – dumbbells	4 sets - 10 reps

Legs

Leg Press - machine	4 sets - 12,10,10,8
Romanian Dead Lifts -barbell, dumbbells	4 sets - 12 reps
Leg Curls - machine	4 sets - 10 reps
Calf Raises – machine, smith machine	4 sets - 25 reps
Glutes – Kickbacks, machine	4 sets - 15 reps
Dumbbell Sumo Squats – 1 dumbbell	4 sets - 12 reps
Hip Abductor/ Adductor -machine	4 sets - 10 reps ea. side

Biceps

Barbell Curls - use 45lb barbell	4 sets - 15 reps
Pull Ups – reverse grip	4 sets - 10 reps
Bicep Curls – machine	4 sets - 12 reps
One – Arm Curls – dumbbell	4 sets - 15 reps
Bicep Curls – cables	4 sets - 10 reps

Triceps

Dips – slight lean forward, machine	4 sets - 15 reps
Tricep Extensions – machine	4 sets - 12,10,10,8
Tricep Press - machine	4 sets – 12,12,10,8
Push Ups – one hand on ball/ one on floor	4 sets - 10 reps ea. arm on ball
Overhead Tricep Press – 1 dumbbell, seated	4 sets - 12 reps

Abs/ Core

Crunches – decline bench	4 sets - 20 reps
Sit Ups – floor	4 sets - 15 reps
Russian Twists	4 sets - 20 reps

Week 5

Chest

Incline Press – dumbbells, machine	5 sets - 10 reps
Pin Press – bench, barbell, smith machine	5 sets - 10 reps
Dips – dip bar, slight lean forward	5 sets - 12 reps
Pec Flys – machine	5 sets - 15 reps
Decline Chest Press – 2 dumbbells touching	5 sets - 12 reps

Back

T- Bar Rows or Bent Dumbbell Rows	5 sets - 10 reps
Rack Pulls or Romanian Deadlifts - barbell	5 sets - 10 reps
Seated Rows – cables, machine	5 sets - 12 reps
Bent Back Flys – dumbbells	5 sets - 12 reps
Pull Ups – assisted if necessary	5 sets - 12 reps

Shoulders

Standing Shoulder Press – barbell	5 sets - 10 reps
Lateral Raises – machine, dumbbells	5 sets - 12 reps
Rear Delt Flys – cables, machine	5 sets - 15 reps
Front Shoulder Raises – weight plate or barbell	5 sets - 12 reps
Lateral Raises – cables	5 sets - 12 reps

Legs

Bulgarian Split Squats – smith machine	5 sets - 10 reps
Back Raises – roman chair, 1 dumbbell	5 sets - 12 reps
Hip Thrusts – barbell, machine	5 sets - 10 reps
Calf Raises/ Extensions	5 sets - 15 reps
Goblet Squats – 1 dumbbell, weight plate	5 sets - 10 reps
Static Lunges – dumbbells	5 sets - 10 reps ea. leg

Biceps

Bicep Curls – sm. barbell, dumbbells, both arms	5 sets - 15 reps
Bicep Curls – reverse grip, easy bar	5 sets - 12 reps
Hammer Curls – dumbbells	5 sets - 15 reps
Cable Curls - cables	5 sets - 12 reps
One Arm Curls – dumbbells, standing, no bench	5 sets - 15 reps

Triceps

Skull Crushers – ez bar, dumbbells	5 sets - 12 reps
One Arm Kickbacks – 1 dumbbell	5 sets - 12 reps
Diamond Push Ups - floor	5 sets - 15 reps
Tricep Extensions – cables, v bar	5 sets - 12 reps
Tricep Extensions – machine	5 sets - 8 reps

Abs

Roman Chair Sit Ups	5 sets - 15 reps
Leg Raises – 7 side,7 middle,7 side – ab/dip bar	5 sets - 21 reps
Obliques – torso machine, ab coaster	5 sets - 20 reps

Cardio

Treadmill – light run or jog	20 minutes
Rowing	15 minutes

Week 6

Chest

Bench Press – smith machine or Swiss barbell	5 sets - 12,10,10,8,8
Incline Bench - dumbbells	5 sets - 12,10,10,8,8
Pec Flys - machine	5 sets - 20,15,10,8,8
Chest Raises – sm. barbell or cables	5 sets - 12 reps
Chest Flys – cables, 10 reps hold, 10 reps regular	5 sets - 20 reps

Back

Lat Pulldowns - machine	5 sets - 12,10,10,8,8
Two - Arm Rows - dumbbells	5 sets - 15,12,12,10,10
Romanian Dead Lifts – dumbbells	5 sets - 8 reps
Bent Back Rows – barbell	5 sets - 12,10,10,8,8
Back Flys – cables	5 sets - 15,12,12,10,10

Shoulders

Shoulder Press – dumbbells	5 sets - 12,10,10,8,8
Side Lateral Raises - dumbbells	5 sets - 10 reps
Bent Rear Delts – dumbbells	5 sets - 12 reps
Upright Rows – easy bar/ smith machine	5 sets - 10 reps
Seated Shoulder Press – machine	5 sets - 15,12,10,8,8

Legs

Dead Lifts - barbell	5 sets - 10 reps
Squats – barbell/ smith machine	5 sets - 15,12,10,10,10
Leg Curls	5 sets - 15 reps
Calf Raises/ Extensions – machine, smith machine	5 sets - 25,20,20,15,15
Lunges – dumbbells, there & back	5 sets - 20 steps
Kickbacks – machine	5 sets - 12 reps

Biceps

Preacher Curls - ez bar	5 sets - 10 reps
Hammer Curls – both arms	5 sets - 12 reps
One-Arm Bicep Curls – machine, preacher	5 sets - 10 reps
Bicep Curls – cables	5 sets - 12 reps
Pull Ups – reverse grip, assisted if needed	5 sets - 10 reps

Triceps

One - Arm Kickbacks - dumbbells	5 sets - 12 reps
Dips – dip bar, assisted if needed	5 sets - 12 reps
One - Arm Tricep Extensions – cable, rope	5 sets - 15 reps
Tricep Extensions – v bar	5 sets - 15,12,10,8,8
Tricep Press – machine	5 sets - 12,10,10,8,8

Abs/ Core

Sit Ups – roman chair	5 sets - 15 reps
Torso Rotation – cables	5 sets - 15 reps ea. side
Crunches – floor, machine	5 sets - 20 reps

Cardio

Elliptical	15 minutes
Rowing	15 minutes
Treadmill – light jog or run	15 minutes

Week 7

Chest

Chest Flys – decline bench, bench, dumbbells	5 sets - 10 reps
Incline Press – dumbbells, barbell, machine	5 sets - 10 reps
Seated Chest Press - machine	5 sets - 10 reps
Pec Flys – cables, machine	5 sets - 15 reps
Chest Raises – cables, dumbbells	5 sets - 12 reps

Back

Pull Ups – assisted if needed	5 sets - 12 reps
Straight Leg Dead Lifts – barbell	5 sets - 12 reps
Bent Back Flys– dumbbells	5 sets - 12 reps
T-Bar Rows or Bent Back Rows – dumbbells, barbell	5 sets - 10 reps
High Rows – machine	5 sets - 12 reps

Shoulders

Front Raises – weight plate, dumbbells, barbell	5 sets - 10 reps
One Arm Arnold Press – dumbbells	5 sets - 10 reps
Lateral Raises – machine, dumbbells, cables	5 sets - 12 reps
Rear Delt Flys – machine, cables, dumbbells	5 sets - 15 reps
Shoulder Press – machine	5 sets - 10 reps

Legs

Leg Press	5 sets - 10 reps
Back Raises – roman chair, 1 dumbbell	5 sets - 15 reps
Glutes – kickbacks, machine	5 sets - 12 reps
Calf Raises/ Extensions – leg press, smith machine	5 sets - 20 reps
Leg Curls – machine, cables	5 sets - 15 reps
Goblet Squats – 1 dumbbell, weight plate	5 sets - 10 reps

Biceps

Barbell Curls – barbell	5 sets - 20 reps
Hammer Curls – dumbbells, both arms	5 sets - 12 reps
Bicep Curls – machine	5 sets - 10 reps
Cable Curls – cables	5 sets - 15 reps
Pull Ups – reverse grip	5 sets - 10 reps

Triceps

Tricep Extensions - machine	5 sets - 15 reps
Skull Crushers – w/ chest press – ez bar	5 sets - 10 & 10 reps
Tricep Kickbacks - dumbbells	5 sets - 12 reps
Push Ups – one arm on a ball/ 10 reps ea. arm	5 sets - 20 reps
Overhead Tricep Press – 1 dumbbell	5 sets - 12 reps

Abs/ Core

Leg Raises – ab/dip bar or ab coaster	5 sets - 20 reps
Obliques - machine	5 sets - 20 reps
Crunches - machine	5 sets - 20 reps

Cardio

Stair Stepper	15 minutes
Treadmill – steep incline	15 minutes

Week 8

Chest

Incline Chest Press – dumbbells	5 sets - 12 reps
Chest Press – barbell, smith machine	5 sets - 12 reps
Chest Flys – cables	5 sets - 15 reps
Chest Raises – dumbbells	5 sets - 12 reps
Pec Flys – machine	5 sets - 10 reps

Back

Lat Pull Downs - cables, machine	5 sets - 15 reps
Seated Rows – cables, machine	5 sets - 15 reps
Romanian Deadlifts - dumbbells	5 sets - 12 reps
T-Bar Rows	5 sets - 12 reps
Back Flys – cables	5 sets - 15 reps

Shoulders

Lateral Raises – seated, dumbbells, machine	5 sets - 12 reps
Rear Delt Pulls – seated cable row/ rope	5 sets - 15 reps
Arnold Press – dumbbells	5 sets - 12 reps
Lateral Raises - cables	5 sets - 12 reps
Shoulder Press – machine, dumbbells	5 sets - 15 reps

Legs

Deadlifts – hexagon bar	5 sets - 10 reps
Hack Squats	5 sets - 10 reps
Calf Raises – drop sets, 12 heavy & 12 lighter	5 sets - 12 & 12 reps
Leg Curls – machine	5 sets - 12 reps
Glutes – machine, kickbacks	5 sets - 12 reps
Hip Abductor/ Adductor - machine	5 sets - 12 reps ea. side

Biceps

Standing Bicep Curls – barbell, ez bar	5 sets - 12 reps
Hammer Curls - dumbbells	5 sets - 12 reps
Bicep Curls – machine	5 sets - 10 reps
Cable Curls – cables	5 sets - 15 reps
Pull Ups – reverse grip, assisted if needed	5 sets - 10 reps

Triceps

Skull Crushers w/ Chest Press – ez bar	5 sets - 10 & 10 reps
Tricep Kickbacks – dumbbells	5 sets - 12 reps
Tricep Extensions – machine	5 sets - 12 reps
Tricep Press – machine	5 sets - 12 reps
Tricep Extensions – rope	5 sets - 20 reps

Abs/ Core

Crunches – bench or floor	5 sets - 20 reps
Leg Raises – ab/ dip bar	5 sets - 20 reps
Obliques - machine	5 sets - 15 reps ea. side

Cardio

Stationary Bike	20 minutes
Treadmill – light jog or run	20 minutes

Week 9

Chest

Bench Press – barbell, Swiss bar, log bar	4 sets - 8 reps
Chest Flys – dumbbells	4 sets - 10 reps
Incline Press – dumbbells	4 sets - 8 reps
Chest Raises – cables	4 sets - 10 reps
Chest Flys – cables	4 sets - 10 reps

Back

Low Back Rows - machine	4 sets - 12 reps
Lat Pull Downs - cables, machine	4 sets - 12 reps
Romanian Deadlifts - barbell	4 sets - 10 reps
Bent Back Flys – dumbbells	4 sets - 12 reps
Back Flys – cables	4 sets - 15 reps

Shoulders

Standing Shoulder Press – barbell	4 sets - 10 reps
Lateral Raises – seated, dumbbells, machine	4 sets - 10 reps
Bent Shoulder Flys – dumbbells	4 sets - 12 reps
Front Shoulder Raises – barbell or weight plate	4 sets - 10 reps
Shoulder Press – seated, machine	4 sets - 10 reps

Legs

Bulgarian Split Squats - smith machine, dumbbells	4 sets - 10 reps
Leg Curls - machine	4 sets - 15 reps
Glutes – kickbacks, machine	4 sets - 10 reps
Calf Raises – smith machine, leg press, machine	4 sets - 20 reps
Leg Extensions	4 sets - 10 reps

Biceps

Curls – hammer curls	4 sets - 10 reps
Bicep Curls - barbell	4 sets - 15 reps
Curls – cables – ez bar	4 sets - 20 reps
One -Arm Curls – dumbbell, preacher	4 sets - 12 reps
Dumbbell Curls – both arms	4 sets - 10 reps

Triceps

Overhead Tricep Press – 1 dumbbell	4 sets - 12 reps
Dips – machine, dip bar	4 sets - 15 reps
Tricep Extensions – machine	4 sets - 15 reps
Tricep Extensions – rope	4 sets - 12 reps
Push Ups – floor	4 sets - 20 reps

Abs/ Core

Roman Chair Crunches	4 sets - 20 reps
Leg Raises – middle & sides – ab/dip bar	4 sets - 20 reps
Obliques – machine	4 sets - 15 reps ea. side

Cardio

Stair Stepper	15 minutes
Elliptical	15 minutes
Stationary Bike	15 minutes

Week 10

Chest

Incline Chest Press – barbell, machine	4 sets - 8 reps
Chest Press – bench, dumbbells	4 sets - 8 reps
Decline Bench Press - smith machine	4 sets - 10 reps
Front Dips – dip bar weighted or assisted	4 sets - 12 reps
Seated Chest Press – machine	4 sets - 10 reps

Back

Back Rows - machine	4 sets - 12 reps
Romanian Deadlifts - barbell	4 sets - 10 reps
One Arm Rows - dumbbells	4 sets - 8 reps
Lat Pulldowns - reverse grip	4 sets - 8 reps
Pullovers – machine, easy bar	4 sets - 10 reps

Shoulders

Shoulder Press – standing	4 sets - 8 reps
Front Raises – dumbbells - seated	4 sets - 10 reps
Lateral Raises – dumbbells, machine, cables	4 sets - 12 reps
Bent Rear Delt Raises – dumbbells	4 sets - 12 reps
Upright Rows – smith machine	4 sets - 10 reps

Legs

Leg Extensions - machine	4 sets - 12,10,8,8
Leg Curls – machine, cables	4 sets - 12,10,8,8
Dumbbell Squats - dumbbells	4 sets - 15 reps
Calf Raises/ Extensions	4 sets - 15 reps
Lunges – dumbbells/ barbell	4 sets - 20 steps

Biceps

Bicep Curls – dumbbells, both arms	4 sets - 12 reps
Bicep Curls – 45lb bar	4 sets - 12 reps
Bicep Curls - machine	4 sets - 10 reps
Bicep Curls – cables	4 sets - 12 reps

Triceps

Push Ups	4 sets - 15 reps
Skull Crushers w/ chest press	4 sets - 10 & 10 reps
Tricep Pulldowns – reverse grip	4 sets - 20,15,15,15,20
Tricep Press – machine	4 sets - 12 reps

Abs/ Core

Abs Crunches – machine	4 sets - 20 reps
Crunches – decline bench	4 sets - 20 reps
Obliques – torso rotation, Russian twists	4 sets - 20 reps ea. side

Cardio

Treadmill	20 minutes
Stair Stepper	15 minutes

Week 11

Chest

Bench Press – barbell, smith machine	4 sets - 10 reps
Incline Chest Press - dumbbells	4 sets - 12 reps
Chest Flys – pec machine	4 sets - 10 reps
Chest Raises – dumbbells	4 sets - 15 reps
Chest Flys – cables	4 sets - 12 reps

Back

Seated Cable Rows – cables	4 sets - 12 reps
Lat Pull Downs - cables	4 sets - 12 reps
One-Arm Rows – dumbbell	4 sets - 10 reps
Bent Back Flys – dumbbells	4 sets - 15 reps
Back Extensions - machine	4 sets - 15 reps

Shoulders

Arnold Press – dumbbells	4 sets - 12 reps
Side Lateral Raises – seated - dumbbells	4 sets - 12 reps
Bent Rear Delt Flys – dumbbells	4 sets - 15 reps
Seated Front Raises – dumbbells	4 sets - 10 reps
Upright Rows – smith machine	4 sets - 12 reps

Legs

Leg Press – machine	4 sets - 12 reps
Squats - barbell, smith machine	4 sets - 12 reps
Leg Curls – machine	4 sets - 15 reps
Hip Thrusts – machine, smith machine	4 sets - 12 reps
Calf Raises/ extensions - machine	4 sets - 25,20,15,12
Romanian Dead Lifts – barbell, dumbbells	4 sets - 12 reps

Biceps

Preacher Curls – ez bar	4 sets - 10 reps
Alternating Hammer Curls - dumbbells	4 sets - 12 reps
Pull Ups – close, reverse grip	4 sets - 12 reps
One-Arm Bicep Curls – dumbbells	4 sets - 10 reps
Barbell Curls – barbell	4 sets - 10 reps

Triceps

Overhead Tricep Press – 1 dumbbell	4 sets - 12 reps
One Arm Tricep Extensions – cables, dumbbells	4 sets - 15 reps
Tricep Kickbacks - dumbbells	4 sets - 10 reps
Tricep Extensions – machine	4 sets - 12 reps
Dips – dip bar, machine	4 sets - 15 reps

Abs/ Core

Crunches – with weight	4 sets - 20 reps
Leg Raises – ab/dip bar	4 sets - 25 reps
Torso Rotation – cables, landmine rotation	4 sets - 15 reps ea. side

Cardio

Elliptical	20 minutes
Stair Stepper	10 minutes
Rower	15 minutes

Week 12

Chest

Bench Press – smith machine, barbell	4 sets - 10 reps
Chest Flys - machine	4 sets - 15 reps
Incline Chest Press – dumbbells	4 sets - 10 reps
Seated Chest Raises - dumbbells	4 sets - 10 reps
Chest Flys – cables	4 sets - 15 reps

Back

Lateral Pulldowns – cables, machine	4 sets - 12 reps
Seated Rows – cables, machine	4 sets - 10 reps
Back Raises/ Extensions – machine/ weight plate	4 sets - 12 reps
Romanian Dead Lifts – cables	4 sets - 10 reps
Pull Ups	4 sets - 12 reps

Shoulders

Arnold Press – dumbbells	4 sets - 10 reps
Front Shoulder Raises – dumbbells	4 sets - 12 reps
Bent Rear Delt Raises– dumbbells	4 sets - 12 reps
One-Arm Shoulder Press – 1 dumbbell	4 sets - 10 reps ea. arm
Lateral Raises – dumbbells	4 sets - 10 reps

Legs

Leg Press	4 sets - 10 reps
Split Squats – dumbbells, barbell	4 sets - 10 reps
Standing Calf Raises	4 sets - 20 reps
Glutes – machine	4 sets - 12 reps

Biceps

Barbell Curls – 45lb barbell	4 sets - 20 reps
Bicep Curls – reverse grip, ez bar	4 sets - 12 reps
Dumbbell Curls – alternating	4 sets - 10 reps
Cable Curls – cables	4 sets - 15 reps

Triceps

Tricep Kickbacks - dumbbells	4 sets - 10 reps
Tricep Extensions - rope	4 sets - 20 reps
Push Ups/Ball – one hand on a ball/ one on floor	4 sets - 10 reps ea. arm
Tricep Press – machine	4 sets - 12 reps

Abs

Crunches – decline bench	4 sets - 20 reps
Sit Ups – floor	4 sets - 15 reps
Torso Rotation - machine	4 sets - 15 reps ea. side

Cardio

Rower	15 minutes
Stationary Bike	15 minutes
Treadmill –steep incline run, jog, brisk walk	10 minutes