

<b>Forearms</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>
*(Top Forearm Lift)	3	8 to 10 or 12 to 15	
*(Top Forearm Lift)	3	8 to 10 or 12 to 15	
*(Bottom Forearm Lift)	3	8 to 10 or 12 to 15	
*(Bottom Forearm Lift)	3	8 to 10 or 12 to 15	
(Dual Forearm Lift) (Optional)	3	12 to 15	

Pick Your Lifts From Below:

#### Top Forearm Lifts

Reverse EZ Bar Curls  
Reverse Straight Bar Curls  
Reverse Wrist Curls  
Dumbbell Reverse Wrist Curls  
Hammer Curls (seated or standing)  
Preacher Hammer Curls

#### Bottom Forearm Lifts

Wrist Curls  
Behind-the-Back Wrist Curls  
Dumbbell Wrist Curls  
Bench Wrist Curls  
Bench Dumbbell Wrist Curls

#### Dual Forearm Lift

Dumbbell Twists

Notes:

\*-You Should Reverse the Order and do Bottom Forearms First Every Other Cycle

<b>Chest</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>
*Upper Chest Press	3	8 to 10	
*Mid Chest Press	3	8 to 10	
Lower Chest Lift	3	8 to 10	
*Upper Chest Fly	3	12 to 15	
*Mid Chest Fly	3	12 to 15	
Lower Chest Fly	3	12 to 15	

Pick Your Lifts From Below:

### Upper Chest Presses

Incline Bench Press  
 Incline Dumbbell Press  
 Machine Incline Press

### Mid Chest Presses

Bench Press  
 Dumbbell Bench Press  
 Machine Bench Press

### Lower Chest Lifts

Decline Bench Press  
 Decline Dumbbell Press  
 EZ Bar Pull-Overs  
 Dumbbell Pull-Overs  
 Decline Machine Press

### Upper Chest Flies

Incline Dumbbell Flies  
 Incline Cable Flies  
 Standing Cable Flies

### Mid Chest Flies

Dumbbell Flies  
 Cable Flies  
 Machine Flies

### Lower Chest Flies

Decline Dumbbell Flies  
 Standing Cable Flies

<b>Back</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>
Back Lift	3	8 to 10	
Back Lift	3	8 to 10	
Lat Lift	3	8 to 10	
Lat Lift	3	8 to 10	
Lower Back Lift	3	12 to 15	

Pick Your Lifts From Below:

### Back Lifts

Dead Lifts

Seated Cable Rows

Machine Rows

Dumbbell Rows

### Lat Lifts

\*Pull-Ups (Various Grips)

Weight Assisted Pull-Ups

Lat Pull-Downs

Machine Lats

### Lower Back Lifts

Good Mornings

Lower Back Machine

Reverse Sit-Ups

Notes:

\*-Change your Pull-Up Grip Every Cycle

<b>Shoulders</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>
Compound Lift	3	8 to 10	
Compound Lift	3	8 to 10	
Isolation Front Shoulder Lift	3	8 to 10 or 12 to 15	
Isolation Side Shoulder Lift	3	8 to 10 or 12 to 15	
Isolation Rear Shoulder Lift	3	8 to 10 or 12 to 15	
Shrug Lift	3	8 to 10 or 12 to 15	

Pick Your Lifts From Below:

### Compound Lifts

Military Press (seated or standing)  
Machine Military Press (seated or standing)  
Dumbbell Military Press (seated or standing)  
Arnold Press

### Isolation Front Shoulder Lifts

Dumbbell Front Raise  
Alternating Dumbbell Front Raise  
Straight Bar Front Raise  
Cable Front Raise

### Isolation Side Shoulder Lifts

Standing Lateral Raise  
Standing Lateral Raise (alternate grip)  
Seated Lateral Raise  
Cable Lateral Raise

### Isolation Rear Shoulder Lifts

Bent-Over Lateral Raise  
Bent-Over Lateral Raise (alternate grip)  
Bent-Over Seated Lateral Raise

### Shrug Lifts

Dumbbell Shrugs  
Straight Bar Shrugs  
Machine Shrugs

<b>Triceps</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>
Compound Lift	3	8 to 10	
Compound Lift	3	8 to 10	
Isolation Lift	3	8 to 10 or 12 to 15	
Isolation Lift	3	8 to 10 or 12 to 15	

Pick Your Lifts From Below:

### Compound Lifts

Dips  
Machine-Assisted Dips  
Bench Dips  
French Curls  
Dumbbell French Curls  
Cable Press-Downs  
Close-Grip Bench Press

### Isolation Lifts

Dumbbell Kickbacks  
Tricep Machine Curls  
Skull Crunchers  
One-Arm Cable Extentions