

LEAN PILLS WORKOUT PLAN

MONDAY - BACK

Rack Deadlifts - 3x10
Lat pull Down - 3x20
BB Row - 3x20
Machine pulldown SS Cable row - 2x10

TUESDAY - SHOULDERS/TRICEPS

BB Shoulder Press – 2x20
DB lateral Raise – 3x20
DB Upright Row SS Rear Delt Raise - 2x20
BB Skull Crushers - 2-3x20
Cable Push Down - 3x20
Reverse Grip Cable Pulldown - 3x20

WEDNESDAY - REST/ABS/CARDIO

THURSDAY - LEGS

Rear BB Squat – 3x20
Quad Extensions – 3x20
Walking Lunges - 3x10 (each leg)
Straight Leg Deadlift – 3x12-15
Calf raises – 3x10

FRIDAY - CHEST/BICEPS

DB Incline Bench 3x15
BB Flat Bench 3x10
Machine Press – 3x20
BB Bicep Curls – 3x12-15
Alternating DB Curls – 3x10
BB Preacher Curls – 3x10

SATURDAY - ABS/CARDIO

SUNDAY - CARDIO

Key: DB= Dumbbell BB= Barbell SS= Super Set DS= Drop Set

