

## MUSCLE PILLS WORKOUT PLAN

### MONDAY - BACK

Deadlift 3x8-10  
Lat Pulldown 2x10-12 SS DB Rows 2x6-10  
Cable Row DS 2x10-12, 2x6-8  
Assisted Chin-ups 3x10

### TUESDAY - SHOULDERS/TRICEPS

Shoulder Press 3x10-12  
DB Front Raise 3x10-12 SS DB Lateral Raise 3x8-10  
DB Shrugs 2x10 SS BB Upright Rows 2x6-8  
BB Skull Crushers 3x10-12 DS 3x6-8  
Cable Push Down 2x10-12 SS Reverse Cable Push Down 2x8-10  
Flat Narrow Grip Bench Press 3x10

### WEDNESDAY - REST/ABS/CARDIO

### THURSDAY - LEGS

BB Rear Squat 2-3x10 SS BB Front Squat 2-3x6-8  
Quad Extensions 3x10-12 DS 3x8-10  
Straight Leg Deadlift 3x10 SS Walking Lunges  
Calf Raises 4x8-10

### FRIDAY - CHEST/BICEPS

BB Incline Bench 3x10-12 SS Push-ups  
DB Incline Bench 2x10 SS DS DB Flat Bench 2x8-10  
Cable Fly 3x12-15  
BB Bicep Curls 3x10 DS 3x8-10  
1 Arm DB Preacher Curl 3x12  
High Cable Curls 3x12

### SATURDAY - REST/ABS/CARDIO

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

SS- Utilizing two exercises in one set back to back. For example, doing chest press until failure, then going directly into another chest exercise such as push-ups, with little to no rest between exercises.

DS- Dropping to a lower weight within the same set, and continuing the same exercise in order to work the muscle past the point of failure.

