

RESET PILLS WORKOUT PLAN

MONDAY - BACK

Deadlift – 3x10-12
Lat Pulldown – 3x10-12
Cable Row – 3x10-12
1 Arm DB Row – 3x10-12

TUESDAY - SHOULDERS/TRICEPS

BB Shoulder Press – 3x10-12
Cable Lateral Delt Raise – 3x10-12
Rear Delt Machine – 3x10-12
Upright Row – 3x10-12
Narrow Push-ups – 3x10-15
Cable Pushdowns – 3x10-12
Machine Triceps – 3x10-12

WEDNESDAY - REST/ABS/CARDIO

THURSDAY - LEGS

BB Rear Squat 4x8
Leg Press 3x10-12
Quad Extensions 3x10-12
Hamstring Curls – 3x10-12
Calf Raises – 3x10

FRIDAY - CHEST/BICEPS

BB Flat Bench Press – 3x10-12
DB Incline Fly – 3x10-12
DB Flat Bench – 3x10-12
BB Bicep Curls – 3x10-12
Alternating DB Curls – 3x10-12
Bicep Curl Machine – 3x10-12

SATURDAY - ABS/CARDIO

SUNDAY - CARDIO

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

