

Monday - Biceps, Triceps, & Lower Wrists - Tri-set between biceps, triceps, then the lower wrists. Once that's done superset between the remaining bicep and tricep exercises.

- Barbell curl (Saves time): 6-12 reps x3 - Works the main bicep area
- Preacher curls with dumbbells: 6-12 reps x2-3 - Works the main bicep area
- Close-grip bench press: 6-12 reps x3 - Works two heads of the tricep
- EZ bar skull crushers: 6-12 reps x2-3 - Works all three heads of the tricep
- Behind the back wrist curl: 6-12 reps x2 - Lower wrists

Tuesday - Legs & Lower Back - Do a double tri-set here. Do squats, stiff legged deadlifts, and then one legged weighted calf raises all in a row without rest. After that do a tri-set between lunges, good mornings and seated calf raises.

- Squats: 6-12 reps x3 - Best compound movement for quads, hamstrings, and glutes mainly
- Stiff-legged deadlifts: 6-12 reps x2 - Compound movement for lower back and hamstrings
- Lunges: 6-12 reps x2 - Works the quads and hamstrings, (THIS IS OPTIONAL DEPENDING ON TIME)
- Good mornings: 6-12 reps x2 - Lower back and hamstrings
- One-legged weighted calf raise: 6-12 reps x3 - Calves
- Seated calf raises: 6-12 reps x1-2 depending on time - Calves

Wednesday - Chest, Back & Upper Wrists - Tri-set between chest, back and upper wrists to save time, then superset between the remaining chest and back exercises.

- Chest variation dips: 6-12 reps x3 - Lower pectorals
- Incline bench press: 6-12 reps x2 - Upper pectorals
- Pullups: 6-12 reps x3 - Compound movement for upper back
- One-arm rows: 6-12 reps x2 - Compound movement for upper back
- Palms-down wrist curl: 6-12 reps x3 - Upper wrists

Friday - Shoulders & Traps - This is more complicated to do. First you have to do a tri-set for all your shoulder heads. After this tri-set you do an exercise for the traps and go back to tri-sets for shoulders. Then you finish off with the other trap exercise. This is a heavy day.

- Military press: 6-12 reps x2-3 - Front deltoid
- Bent-arm lateral raises: 6-12 reps x2-3 - Middle deltoid
- Bent over laterals: 6-12 reps x2-3 - Back deltoid
- Barbell shrugs: 6-12 reps x2-3 - Upper traps
- Incline shrugs: 6-12 reps x2-3 depending on time - Upper traps

Saturday - Wrists & Abs - There are a few different ways you can do this to save time. One way would be doing all the exercises in a row without rest. This will get you very fatigued but will save more time.

Another way to do this is to tri-set all the abdominal exercises. Once you're done that superset between the wrist exercises. Either way works just as well and it's up to personal preference.

- Palms-up wrist curl: 6-12 reps x3 - Lower wrists
- Wrist roller: 6-12 reps x2 depending on time - Upper wrists
- Weighted sit-ups: 8-15 reps x3
- Decline reverse crunch: 8-15 reps x3
- Dumbbell side bend: 8-15 reps x3