



WORKOUTROUTINEWAREHOUSE.COM



Workout A	
Squats	5 x 3-5
Incline Bench	5 x 3-5
Romanian Deadlift	5 x 3-5
Standing Calf Raise	2 x 10-12

Workout B	
Bench Press	5 x 3-5
Split Squat	5 x 3-5
Dumbbell Row	5 x 3-5
Chin-up	2 x 10-12
Dips	2 x 10-12

Workout C	
Deadlift	5 x 3-5
Military Press	5 x 3-5
Barbell Lunge	5 x 3-5
Pull-Up	5 x 3-5
Bodyweight Triceps Extension	2x10-12

Monday	Workout A
Tuesday	Rest
Wednesday	Workout B
Thursday	Rest
Friday	Workout C
Saturday	Rest
Sunday	Rest

**Instructions:** Perform workouts A, B, and C each week on a non-rotating schedule. You should rest at least 48 hours between each workout and a full a full 1 1/2 - 3 minutes between each exercise. All exercises should be done as straight sets. Aside from a 5 minute warm up, do not do any cardio exercise with this workout routine.

**The weight you choose should be heavy enough that it is difficult to do any repetitions beyond the prescribed number in the workout. Do not use weight so heavy that your form breaks down.**

[Access our Fitness Glossary](#) for instructions on how to perform any individual exercise in the workout.