

Day 1

| Upper chest | | | | | | | | |
|-------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 10 | | | 10 | | | 10 | |
| | 6 | | | 6 | | | 6 | |
| | 6 | | | 6 | | | 6 | |
| | 10 | | | 10 | | | 10 | |

| Mid chest | | | | | | | | |
|-----------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 10 | | | 10 | | | 10 | |
| | 8 | | | 8 | | | 8 | |
| | 6 | | | 6 | | | 6 | |
| | 6 | | | 6 | | | 6 | |
| | 8 | | | 8 | | | 8 | |
| | 10 | | | 10 | | | 10 | |

| Lower chest | | | | | | | | |
|-------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 8 | | | 8 | | | 8 | |
| | 6 | | | 6 | | | 6 | |
| | 6 | | | 6 | | | 6 | |
| | 8 | | | 8 | | | 8 | |

| Curl dumbbells | | | | | | | | |
|----------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 12 | | | 12 | | | 12 | |
| | 12 | | | 12 | | | 12 | |
| | 10 | | | 10 | | | 10 | |
| | 10 | | | 10 | | | 10 | |
| | 12 | | | 12 | | | 12 | |
| | 12 | | | 12 | | | 12 | |

| Curl bar-SZ | | | | | | | | |
|-------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 10 | | | 10 | | | 10 | |
| | 10 | | | 10 | | | 10 | |
| | 8 | | | 8 | | | 8 | |
| | 8 | | | 8 | | | 8 | |
| | 10 | | | 10 | | | 10 | |
| | 10 | | | 10 | | | 10 | |

| Curl bar reverse grip | | | | | | | | |
|-----------------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 10 | | | 10 | | | 10 | |
| | 8 | | | 8 | | | 8 | |
| | 8 | | | 8 | | | 8 | |
| | 10 | | | 10 | | | 10 | |

Day 2

| Sitting Chin-up's (Klimmzüge) | | | | | | | | |
|-------------------------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 10 | | 8 | | | 8 | | |
| | 8 | | 8 | | | 8 | | |
| | 6 | | 6 | | | 6 | | |
| | 6 | | 6 | | | 6 | | |
| | 8 | | 8 | | | 8 | | |
| | 10 | | 8 | | | 8 | | |

| Deadlifts + do 2-3 warmup sets | | | | | | | | |
|--------------------------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 10 | | | 10 | | | 10 | |
| | 8 | | | 8 | | | 8 | |
| | 8 | | | 8 | | | 8 | |
| | 10 | | | 10 | | | 10 | |

| Dumbbell Row | | | | | | | | |
|--------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 8 | | | 8 | | | 8 | |
| | 6 | | | 6 | | | 6 | |
| | 6 | | | 6 | | | 6 | |
| | 8 | | | 8 | | | 8 | |

| Barbell Row | | | | | | | | |
|-------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 12 | | | 12 | | | 12 | |
| | 12 | | | 12 | | | 12 | |
| | 12 | | | 12 | | | 12 | |

| Triceps Bench-press-SZ | | | | | | | | |
|------------------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 10 | | | 10 | | | 10 | |
| | 10 | | | 10 | | | 10 | |
| | 8 | | | 8 | | | 8 | |
| | 8 | | | 8 | | | 8 | |
| | 10 | | | 10 | | | 10 | |
| | 10 | | | 10 | | | 10 | |

| Triceps pull down | | | | | | | | |
|-------------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 10 | | | 10 | | | 10 | |
| | 8 | | | 8 | | | 8 | |
| | 8 | | | 8 | | | 8 | |
| | 10 | | | 10 | | | 10 | |

| Triceps overhead | | | | | | | | |
|------------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 10 | | | 10 | | | 10 | |
| | 8 | | | 8 | | | 8 | |
| | 8 | | | 8 | | | 8 | |
| | 10 | | | 10 | | | 10 | |

Day 3

| Shoulder Press | | | | | | | | |
|----------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 10 | | 8 | | | 8 | | |
| | 8 | | 8 | | | 8 | | |
| | 6 | | 6 | | | 6 | | |
| | 6 | | 6 | | | 6 | | |
| | 8 | | 8 | | | 8 | | |
| | 10 | | 8 | | | 8 | | |

| Shoulder sideLift | | | | | | | | |
|-------------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 10 | | | 10 | | | 10 | |
| | 8 | | | 8 | | | 8 | |
| | 8 | | | 8 | | | 8 | |
| | 10 | | | 10 | | | 10 | |

| Shoulder front Lift | | | | | | | | |
|---------------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 8 | | | 8 | | | 8 | |
| | 6 | | | 6 | | | 6 | |
| | 6 | | | 6 | | | 6 | |
| | 8 | | | 8 | | | 8 | |

| Butterfly reverse | | | | | | | | |
|-------------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 8 | | | 8 | | | 8 | |
| | 6 | | | 6 | | | 6 | |
| | 6 | | | 6 | | | 6 | |
| | 8 | | | 8 | | | 8 | |

[illegible]

Day 4

| Squats | | | | | | | | |
|--------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 12 | | 12 | | | 12 | | |
| | 12 | | 12 | | | 12 | | |
| | 10 | | 10 | | | 10 | | |
| | 10 | | 10 | | | 10 | | |
| | 12 | | 12 | | | 12 | | |
| | 12 | | 12 | | | 12 | | |

| Lunge walks | | | | | | | | |
|-------------|------|----------|--------|------|----------|--------|------|----------|
| Weight | Reps | Reps + - | Weight | Reps | Reps + - | Weight | Reps | Reps + - |
| | 10 | | | 10 | | | 10 | |
| | 8 | | | 8 | | | 8 | |
| | 8 | | | 8 | | | 8 | |
| | 10 | | | 10 | | | 10 | |