

# STRENGTH BUILDING WORKOUT

<b>Goal</b>	Strength building
<b>Duration</b>	60-75 mins
<b>Equipment</b>	Barbell, Dumbbells, Pull up/Dip bar
<b>Days per week</b>	5
<b>Level</b>	ALL

## Day 1: Chest and Triceps

No.	Exercise	Sets	Reps
1	Dumbbell Bench Press	4	12,10,8,6
2	Close Grip Bench Press	5	6-8
3	Weighted Dips	5	6-8
4	Barbell Bench Press	4	12,10,8,6
5	Tricep Kickback	4	6-8

## Day 2: Back and Biceps

No.	Exercise	Sets	Reps
1	Dumbbell Rows	4	12,10,8,6
2	Barbell Rows	4	12,10,8,6
3	Dumbbell curls	4	6-8
4	Hammerhead curls	4	6-8
5	Weighted Pull ups	5	6-8

## Day 3: Legs and Abs

No.	Exercise	Sets	Reps
1	Squat	4	12,10,8,6
2	Split squat	4	6-8 each leg
3	Glute Ham Raise	4	6-8
4	Calf Raises	6	6-8
5	Ab Wheel using barbell	6	Instinct
6	Weighted Sit-ups	1	Till failure

## Day 4: Shoulders and Upper Back

No.	Exercise	Sets	Reps
1	Seated Overhead Dumbbell Press	4	12,10,8,6
2	Lateral Raise	4	6-8
3	Dumbbell Shrugs	4	6-8
4	Dumbbell Front Raise	4	6-8
5	Barbell Shrugs	4	6-8

6	Bent Over Lateral Raise	4	6-8
---	-------------------------	---	-----

**Day 5: Legs and Abs**

No.	Exercise	Sets	Reps
1	Squat	4	12,10,8,6
2	Dumbbell Lunges	4	6-8 each leg
<b>SUPER SET</b>			
3A	Split Squat	4	6-8 each leg
3B	Calf Raises	4	6-8
<b>SUPER SET</b>			
4A	Leg Raises	4	Instinct
4B	Calf Raises	4	Instinct

**On rest days do some cardio.**

**Just because you can't see your heart doesn't mean you shouldn't work it.**

**Break Your Boundaries<sup>©</sup>**