

Day 1			Day 2		
Upper Body Push Exercises	Sets	Reps	Upper Body Pull Exercises	Sets	Reps
Push ups	4	15	One arm rows	3	8-10
Bench Press	4	6-8	Barbell rows	3	8-10
Chest Flyes	3	10-12	Lat pulls	3	8-10
Overhead Press	4	8-10	Pull ups	4	6-8
Lateral Raises	3	10-12	Hammer Curls	3	10
Dips	3	8-10	Barbell Curls	3	10
Tricep Extentions	3	8-10	Deadlift	4	10
Skull Crushers	3	8-10	Walk lunge	3	10
Squat	4	8-10			