

**WEEK 1****DAY 1**

Exercise	Sets/Reps
Barbell Strict Press	4 Sets (6, 6, 4, 4)
Close Grip Bench Press	4 Sets (12, 10, 8, 8)
10 Dual Seated Bottoms Up Kettlebell Presses <i>Rest 30 Seconds</i> 10 Weighted Dips <i>Rest 1 Minute Between Sets</i>	3 Sets

**DAY 2**

Exercise	Sets/Reps
Bench Press	4 Sets (8, 6, 4, 4)
Bent-over Dumbbell Rows	4 Sets (12, 10, 8, 6)
12-10-8 Dual Dumbbell Push Press <i>Rest 30 Seconds</i> 8-10 Dumbbell Rear Lateral Raises <i>Rest 1 Minute Between Sets</i>	3 Sets

**WEEK 2****DAY 1**

Exercise	Sets/Reps
Barbell Push Press	4 Sets (4, 3, 2, 2)
Weighted Dips	4 Sets (8, 8, 6, 6)
10-16 Alternating Neutral Grip Dumbbell Shoulder Presses <i>Rest 30 Seconds</i> 8-10 Close Grip Dumbbell Bench Presses <i>Rest 1 Minute Between Sets</i>	3 Sets

**DAY 2**

Exercise	Sets/Reps
Bench Press	4 Sets of 5
Bent-over Barbell Rows	4 Sets (8, 8, 6, 6)
12-16 Alternating Dumbbell Front Raises <i>Straight Into</i> 8-10 Lateral Raises <i>Rest 1 Minute Between Sets</i>	3 Sets

**WEEK 3****DAY 1**

Exercise	Sets/Reps
Alternating Neutral Grip Dumbbell Shoulder Presses	4 Sets of 8-10
Barbell Incline Press	4 Sets (8, 8, 6, 6)
Weighted Dips	4 Sets of 5

**DAY 2**

Exercise	Sets/Reps
Bench Press	4 Sets (4, 3, 2, 2)
Barbell Strict Press	4 Sets (8, 8, 6, 6)
8-12 Barbell Close Grip Bench Press <i>Rest 30 Seconds</i> 8-10 Rear Delt Raises <i>Rest 1 Minute Between Sets</i>	3 Sets

**WEEK 4****DAY 1**

Exercise	Sets/Reps
Push Press	4 Sets (4, 3, 2, 2)
Lateral Raises	3 Sets (10, 8, 8)
Rear Delt Raises	3 Sets (8, 6, 6)

**DAY 2**

Exercise	Sets/Reps
Bench Press	4 Sets (3, 2, 2, 2)
Close Grip Dumbbell Bench Press	4 Sets of 5
8-10 Alternating Neutral Grip Dumbbell Shoulder Presses <i>Rest 30 Seconds</i> 8 Weighted Dips <i>Rest 1 Minute Between Sets</i>	3 Sets