

Body Maxx

Monday

Bench Press (heavy)
Incline bench 4x6
Flys (dumbbell, cable crossover, or pec deck) 4x8
Upright row 4x8
Military press (front or back) 4x6
Shoulder fly 4x8
Tricep kickback (dumbbell) 4x8
Pushdown (cable) 4x6
French press (dumbbell or curl bar) 4x8
Abdominals

Tuesday

Leg extension 4x8
Leg curl 4x8
Squat (or leg press) 4x6
Bent over row (dumbbell or straight bar) 4x8
Lat pulldown 4x6
Cable row 4x8
Dumbbell curl 4x8
Standing straight bar curl 4x6
Preacher curl 4x8
Abdominals

Thursday

Bench Press (light)
Incline bench 4x6
Flys (dumbbell, cable crossover, or pec deck) 4x8
Upright row 4x8
Military press (front or back) 4x6
Shoulder fly 4x8
Tricep kickback (dumbbell) 4x8
Pushdown (cable) 4x6
French press (dumbbell or curl bar) 4x8
Abdominals

Friday

Leg extension 4x8
Leg curl 4x8
Squat (or leg press) 4x6
Bent over row (dumbbell or straight bar) 4x8
Lat pulldown 4x6
Cable row 4x8
Dumbbell curl 4x8
Standing straight bar curl 4x6
Preacher curl 4x8
Abdominals