

| Biceps | Forearms | |
|-------------------------------------|-------------------------------------|--------------------------|
| Barbell curls | Hammer curls | |
| Con curls | Reverse curls | |
| Hammer Curls | Reverse wrist curls | |
| curls | Wrist curls | |
| Preacher curls | Reverse Push-downs | |
| Low-Pulley curls | chin-ups | |
| Reverse curls | Back Lat Pull-downs | |
| reverse chin-ups | Close-Grip Lat Pull-Downs | |
| chin-ups | | |
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| | | |
| Back | Trapezius | Chest |
| Bent-over Lateral Raises | Lateral Dumbbell Raises | Dumbbell Pull-Overs |
| reverse chin-ups | Upright Rows | Barbell pullovers |
| chin-ups | Barbell Shrugs | Incline Presses |
| lat pull-downs | Bent-over Lateral Raises | Bench Presses |
| Seated Rows | High-Pulley Lateral Extensions | Close-Grip Presses |
| One-arm dumbbell Rows | Low-Pulley Bent-Over Lateral Raises | Decline Presses |
| Bent Rows | | Push-ups |
| Freestanding T-Bar Rows | | incline dumbbell presses |
| T-Bar Rows w/ ab support | | incline dumbbell flys |
| Torso Extensions at a Machine | | Pec Deck Flys |
| Back Lat Pull-downs | | Parallel Bar Dips |
| Close-Grip Lat Pull-Downs | | Dumbbell Presses |
| Straight Arm Lat Pull-Downs | | Dumbbell Flys |
| High-Pulley Lateral Extensions | | Cable Crossover Flys |
| Low-Pulley Bent-Over Lateral Raises | | Triceps Dips |
| | | Barbell Front Raises |
| | | |
| Triceps | Deltoids | |
| Push-downs | Seated Front Presses | |
| Reverse Push-downs | Seated Dumbbell Presses | |
| Standing Triceps Extensions | Low-Pulley Lateral Raises | |
| Triceps Extensions | Low-Pulley Front Raises | |
| Seated E-Z Bar Triceps Extensions | Barbell Front Raises | |
| Triceps Kickbacks | Upright Rows | |
| Dumbbell Triceps Extensions | Alternate Front arm Raises | |
| One-Arm Dumbbell Triceps Extensions | Side-Lying Lateral Raises | |
| Seated Dumbbell Triceps Extensions | Front Dumbbell Presses | |
| Triceps Dips | Nautilus Lateral Raises | |
| Back Presses | High-Pulley Lateral Extensions | |
| Seated Front Presses | Low-Pulley Bent-Over Lateral Raises | |
| Seated Dumbbell Presses | One-Dumbbell Front Raises | |
| Front Dumbbell Presses | Back Presses | |
| Dumbbell Pull-Overs | | |

| Day 1 | Day 2 | Day 3 | Day 4 |
|------------------------|---------------------------|-------------------------|------------------------|
| Barbell Curls | Push-Downs | Seated Rows | Dumbbell Side Bends |
| Reverse Curls | Reverse Push-Downs | One-Arm Dumbbell Rows | Leg Raises |
| Hammer Curls | Seated Triceps Extensions | Upright Rows | Machine Crunches |
| Curls | Triceps Extensions | Bent Rows | Declined Crunches |
| Concentration Curls | Triceps Kickbacks | Unassisted Barbell Rows | Roman Chair Side Bends |
| Preacher Curls | Barbell Pullovers | Seated Front Presses | Kick-Kick Crunches |
| Low-Pulley Curls | Inclined Dumbbell Flys | Side-Lying Raises | Sit-Ups |
| Reverse Curls | Bench Presses | Dumbbell Lateral Raises | Raised Leg Crunches |
| Hockey Forearm Curls | Close-Grip Presses | Barbell Front Raises | Ab Ups |
| Reverse Wrist Curls | Decline Presses | Upright Rows | Ab Pulldowns |
| Wrist Curls | Inclined Bench Presses | Dumbbell Side Bends | Standing Calf Raises |
| Dumbbell Side Bends | Dumbbell Side Bends | Leg Raises | Seated Calf Raises |
| Leg Raises | Leg Raises | Machine Crunches | Leg Extensions |
| Machine Crunches | Machine Crunches | Declined Crunches | Leg Curls |
| Declined Crunches | Ab Ups | Roman Chair Side Bends | Outer Leg Curls |
| Roman Chair Side Bends | Ab Pulldowns | Kick-Kick Crunches | Inner Leg Curls |
| Kick-Kick Crunches | | | Weight Walking Lunges |
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