

### Workout A — Chest, Shoulders, Triceps, Abs

Exercise	Sets	Reps
Flat Dumbbell Chest Press	3	12
Incline Dumbbell Chest Press	3	12
Standing Dumbbell Shoulder Press	3	12
Ab Planks	2	60s (or failure)
Lying Dumbbell Triceps Extension	2	12
Swiss Ball Ab Crunch	3	15
Cable Triceps Pulldown	2	12
Front & Lateral Raises	2	Superset – 10 each
Pushups & Dips	2	Superset – 10 each

### Workout B — Back, Legs, Biceps

Exercise	Sets	Reps
One Arm Dumbbell Rows	3	12/side
Dumbbell Deadlifts	3	12
Dumbbell Lunge	3	12/leg
Bent Over Dumbbell Rows	2	12
Goblet Squats	3	12
Lat Pulldowns	2	12
Leg Press	3	12
Dumbbell Biceps Curls	2	12

### Workout C — Circuit Cardio

Exercise	Sets	Reps
Treadmill, jog	1	15 minutes
Elliptical	1	15 minutes
Stationary Bike	1	15 minutes