

# 7 DAY WORKOUT ROUTINE

## 7-DAY SPLIT WORKOUT

DR WORKOUT

### DAY 1: UPPER

- Barbell bench press- 5 sets of 5 reps
- Incline barbell bench press- 3 sets of 10-15 reps
- Barbell row- 5 sets of 5 reps
- Cable row- 3 sets of 10-15 reps
- Overhead press- 5 sets of 5 reps
- EZ bar curl- 3 sets of 10-15 reps
- Skullcrusher- 3 sets of 10-15 reps

### DAY 2: LEGS & ABS

- Deadlift- 5 sets of 5 reps
- Leg extension- 3 sets of 10-15 reps
- Leg Curl- 3 sets of 10-15 reps
- Leg press- 3 sets of 10-15 reps
- Calf Raise- 3 sets of 10-15 reps
- Decline crunches- 3 AMRAP sets
- Lying leg raises- 3 AMRAP sets

### DAY 3: PUSH

- Push-ups- 3 sets of 10-15 reps
- Bench Press- 3 sets of 10-15 reps
- Incline Bench- 3 sets of 10-15 reps
- Overhead press- 3 sets of 10-15 reps
- Arnold press- 3 sets of 10-15 reps
- Tricep pushdowns- 3 sets of 10-15 reps
- Cable overhead tricep extension- 3 sets of 10-15 reps

### DAY 4: LEG & ABS

- Squat- 5 sets of 5 reps
- Lunges- 3 sets of 10-15 reps
- Leg extension- 3 sets of 10-15 reps
- Leg Curl- 3 sets of 10-15 reps
- Calf Raise- 3 sets of 10-15 reps
- V crunch- 3 AMRAP sets
- Bicycle crunch- 3 AMRAP sets

### DAY 5: PULL

- Pull ups- 3 sets of 10-15 reps
- Lat pull down- 3 sets of 10-15 reps
- Cable row- 3 sets of 10-15 reps
- Barbell curl- 3 sets of 10-15 reps
- Incline dumbbell curls- 3 sets of 10-15 reps
- Cable reverse curl- 3 sets of 10-15 reps
- Shrugs- 3 sets of 10-15 reps

### DAY 6: LEGS & ABS

- Deadlift- 5 sets of 5 reps
- Leg extension- 3 sets of 10-15 reps
- Leg curl- 3 sets of 10-15 reps
- Leg press- 3 sets of 10-15 reps
- Calf raise- 3 sets of 10-15 reps
- Tuck crunch- 3 AMRAP sets
- Russian twist- 3 AMRAP sets

### DAY 7: UPPER

- Incline Barbell Bench Press- 5 sets of 5 reps
- Decline Barbell Bench Press- 3 sets of 10-15 reps
- Barbell row- 5 sets of 5 reps
- Lat Pull Down- 3 sets of 10-15 reps
- Overhead press- 5 sets of 5 reps
- Preacher Curl- 3 sets of 10-15 reps
- Cable triceps pushdown- 3 sets of 10-15 reps

# PDF For Remote Workers Proven Strategy For Home Workout Routine

**RS Peters**



**PDF For Remote Workers Proven Strategy For Home Workout Routine:**

This book delves into PDF For Remote Workers Proven Strategy For Home Workout Routine. PDF For Remote Workers Proven Strategy For Home Workout Routine is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into PDF For Remote Workers Proven Strategy For Home Workout Routine, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
  - Chapter 1: Introduction to PDF For Remote Workers Proven Strategy For Home Workout Routine
  - Chapter 2: Essential Elements of PDF For Remote Workers Proven Strategy For Home Workout Routine
  - Chapter 3: PDF For Remote Workers Proven Strategy For Home Workout Routine in Everyday Life
  - Chapter 4: PDF For Remote Workers Proven Strategy For Home Workout Routine in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of PDF For Remote Workers Proven Strategy For Home Workout Routine. The first chapter will explore what PDF For Remote Workers Proven Strategy For Home Workout Routine is, why PDF For Remote Workers Proven Strategy For Home Workout Routine is vital, and how to effectively learn about PDF For Remote Workers Proven Strategy For Home Workout Routine.
3. In chapter 2, this book will delve into the foundational concepts of PDF For Remote Workers Proven Strategy For Home Workout Routine. The second chapter will elucidate the essential principles that need to be understood to grasp PDF For Remote Workers Proven Strategy For Home Workout Routine in its entirety.
4. In chapter 3, the author will examine the practical applications of PDF For Remote Workers Proven Strategy For Home Workout Routine in daily life. The third chapter will showcase real-world examples of how PDF For Remote Workers Proven Strategy For Home Workout Routine can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of PDF For Remote Workers Proven Strategy For Home Workout Routine in specific contexts. The fourth chapter will explore how PDF For Remote Workers Proven Strategy For Home Workout Routine is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about PDF For Remote Workers Proven Strategy For Home Workout Routine. The final chapter will summarize the key points that have been discussed throughout the book. This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of PDF For Remote Workers Proven Strategy For Home Workout Routine.

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