

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

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Lingjun Ying



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