

Huge 12 week sets reps rest

Huge Chest

warm up, jog roll shoulders

Hand walk.

Pre hab shoulder

P- ups

Superset

Incline fly 15/ 12/ 8/ 30 sec rest

Incline press 15/ 12/ 8/ 8/

Force set

Chest press rotation 5/ 5/ 5/ 5/ 5/ 30 sec rest

Pyramid set

Incline press 15/ 12/ 8/ 45 sec rest 8/ 12/ 15/

Combo set

Close grip to fly 15/ 12/ 8/ 30 sec rest

Multi set

Decline p -up 15/ 12/ 8/ 30 sec rest

DB band press

Cool down stretch

Huge Legs

warm up, jog,
Hand walk. Hip circles, Worlds greatest stretch
Inverted hamstring, hip crossover, scorpion
Air squats 20

Single set

Front to back lunge@ 12/ 10/ 8/ 90 sec rest

Pyramid set

Squat 15/ 12/ 8/ 90 sec rest 8/ 12/ 15/

Force set

Sumo squat 5/ 5/ 5/ 5/ 5/ 30 sec rest

Pyramid set

Split squat 15/ 12/ 8/ 90 sec rest 8/ 12/ 15/

Super set

Stiff legged deadlift 15/ 12/ 8/ 8/ 45 sec rest

Alt side squat 10 10 10

Hamstring curls 2 sets 30 sec

Cool down stretch

Huge Back

warm up, jog, roll shoulders
Hand walk. Rows, delt raise
Pre hab shoulder

Superset

Pull over	15/	12/	8/	6/	30 sec rest
Band row	10	10	10		

Pyramid set

Reverse grip DB row	15/	12/	8/	45 sec rest	8/	12/	15/
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Force set

1 arm row	5/	5/	5/	5/	5/	30 sec rest
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Single set

Deadlift	15/	12/	8/	6/	30 sec rest
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Reverse Fly	15/	12/	30 sec rest
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Plank row rotation	30sec	30 sec	rest
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Band row burnout	45 sec
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Stretch out

Huge Arms

warm up, jog roll shoulders

Hand walk. Curls, overhead tricep ext

Pyramid set

DB standing Curl 15/ 12/ 8/ 45 sec rest 8/ 12/ 15/

Single set

on Ball tricep ext. 15/ 12/ 8/ 8/ 30 sec rest

Force set

seated curls on ball 5/ 5/ 5/ 5/ 5/ 30 sec rest

Single set

Skull crushers 15/ 12/ 8/ 6/ 30 sec rest

Pyramid set

Single arm hammer curl on ball 15/ 12/ 8/ 45 sec rest 8/ 12/ 15/

Pyramid set

Tri cep kickbacks on ball 15/ 12/ 8/ 45 sec rest 8/ 12/ 15/

Band curls burnout 45 sec

Band triceps ext burnout 45 sec

ABS/Stretch out

Huge Shoulders

warm up, jog roll shoulders
Hand walk. Pre hab shoulder
Lateral raise, front raise, delt raise

Superset

Lateral raise	15/	12/	8/	30 sec rest
Arnold press	15/	12/	8/ 8/	

Pyramid set

Upright row	15/	12/	8/	45 sec rest	8/	12/	15/
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Superset

Alt front raise	15/	12/	8/	30 sec rest
Plate twist twist	10	10	10	

Pyramid set

Reverse fly on ball	15/	12/	8/	45 sec rest	8/	12/	15/
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Super set

Hand clap burnouts	30sec	30 sec	rest
Band lat raise burnout	45 sec		

Abs/Stretch out