

Aesthetic-Physiques.com The Mixed Bag of Tricks Workout

Day 1	Sets x Reps	Week 1	Week 2	Week 3	Week 4
Dumbbell Bench	5/3/1				
Dumbbell Row	5/3/1				
Pullup	5/3/1				
Dumbbell Incline Bench Press	5/3/1				
Chest Focus Dips	4x4				
Pullovers	4x15,12,10,8				
Day 2					
Squats	5/3/1				
Standing Military Press	5/3/1				
RDL	5/3/1				
Dumbbell Lat Raise	4x15,12,10,8				
Leg Press	8x4				
Rear Delt Machine	4x20,15,12,10				
Day 3					
Toes-To-Bar	4x10				
Cable Crunch	4x20-25				
Side Bends w Weight	4x20				
Good Morning	4x6				
Leg Raise	4x10				
Myotatic Crunch	2x10				
Day 4					
Machine Incline Bench Press	4x20,15,12,10				
Cable Row	4x12,12,10,8				
Machine Flat Bench Press	4x20,15,12,10				
Lat Pulldown	4x12,12,10,10				
Cable Flye	3x20,15,12				
Straight Arm Pulldown	4x10				
Day 5					
Leg Extension	4x20,15,12,20				
Arnold's	4x12,10,8,15				
Bent Over Lat Raise	4x20				
Shrugs	3x15				
Deadlift	5/3/1				
Seated Calf Raises	4x25				
Day 6					
Rope Press down	4x15,15,12,12				
Wide Grip Barbell Curl	4x10				
Skullcrusher	4x20,15,15,15				
Hammer Curls	4x15,15,12,12				
Close Grip Bench Press	4x15,15,12,10				
Dumbbell Preacher Curls	4x12,12,10,10				