

Monday:

Bench. Not a powerlifters bench. A nice, flat backed, feet on the floor bench.

1 set 12 reps (warm up)

1 set 10 reps (warm up)

3 work sets in the rep range

Dips

3 work sets in the rep range

Standing shoulder press barbell

3 sets in the rep range.

Tuesday:

Squats (yes the one with the bar on your back.)

1 set 12 reps

1 set 12 reps

3 work sets

Deads

3 work sets

Wednesday:

1 set of pull downs 15 reps warm up

3 sets of pull ups in the work range. use an assisted machine until you can get the reps on your own

Bent over row

3 sets in the work range

Thursday:

Dumbbell incline press

3 sets

Dips

2 sets

DB seated shoulder press  
2 sets

Friday:

DB stiff legged deads  
3 sets

Bar front squat

2 sets

Seated row

3 sets