



Mav's split

01 LEGS

Squats 5x10,8,6,4,2
Leg press 4x10
Stiff leg dead 4x10
Hamstring curl 5x12
Leg extensions 5x12
Abductor adductor 3x10
(superset)

02 SHOULDERS

Barbell military press 4x6-8
Lateral raise 3x8-12
Reverse flies 3x8-12
Lying face pulls 2x12-15
Standing face pulls 2x12-15



03 ARMS + DEADLIFT

Deadlift 5x 10,8,6,4,2
Barbell curl 6x8
Skullcrusher 6x8
Incline curl 5x6
Straight bar push down 5x20
Dips 5xfailure
Preacher 5x30

04 CHEST+BACK

Flat bench 5x 10,8,6,4,2
Wide grip pull up 5x failure
Incline dumbbells 5x12
Seated row 5x12
Narrow grip pull down 5x failure
Chest fly 5x12
Dumbbell pullover 3x10

***05 WEAK POINTS**

Leg raises 50
Side crunch 50
Hip thrust 3x15
Rope push down 3x20
Reverse Fly 3x20
Lateral raises 3x20