

BLOOD & GUTS

6 WEEK TRAINER

DAY 1: BACK

- » Dumbbell Pullover
- » Close-Grip Pulldown
- » One-Arm Row
- » Wide-Grip Cable Row
- » Barbell Deadlifts

DAY 2: DELTS & TRICEPS

- » Dumbbell Shoulder Press
- » Side Lateral Raise
- » Low-Pulley Delt Raise
- » Reverse Dumbbell Flyes
- » Triceps Pushdown
- » Lying Triceps Extensions
- » Seated Triceps Press

DAY 4: LEGS

- » 10 minute Cardio Warm Up
- » Stretching
- » Leg Extensions
- » Leg Press
- » Hack Squat
- » Seated Hamstring Curl
- » Stiff-Legged Deadlift

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