## New Weight Workouts

	А	В	С	D	E	F	G	Н	I	J	K	L
1	Day One			wgt								
2	Squats 3 x 5	)										
3	Deadlifts 3	x 5										
4	3 Point Rows 3 x 5 (each)											
5	Reverse Lunges 3 x 5 (each)											
6	Hip Thrusters 3 x 5											
7												
8	Day Two											
9	DB Bench Press											
	Bar Bell Clean & Press 3 x 6											
	Bar Bell Ber Press 3 x6											
12	DB Lateral raises I, T, Y 3 x 3											
13	DB Snatch											
14	Face Pulls 3	x 10										
15		3 x 6 (each	)									
	Day Three											
17	Seated Row	s 3 x 5										
18	Romanian Deadlifts 3 x 5											
19	Inverted Ro	ws 3 x 8										
20	Tricept Pushdowns 3 x 6											
21	Barbell Squat & Press 3 x 6 (each)											
22	Hammer Cu	ırls 3 x 6										

## **New Weight Workouts**

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1	wgt	wgt	wgt
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