

Est.  
**2007**

**YSJActive**

5 DAYS PER WEEK  
PUSH, PULL, LEGS, UPPER, LOWER

## **PUSH**

**Bench press 3x8**  
**DB Shoulder press 3x8**  
**Incline DB press 3x12**  
**DB Lateral raise 3x12**  
**Rear delt fly 4x10**  
**Cable chest fly 4x12**  
**Tricep pushdown 3x8**  
**Overhead tricep extension 3x12**

## **PULL**

**Lat pulldown 3x8**  
**Chest supported row 3x8**  
**Narrow grip pulldown 3x10**  
**Face pull 3x12**  
**DB Shrug 3x15-20**  
**DB Curl 4x12**  
**Barbell curl 3x10**

## **LEGS**

**Back squat 3x8**  
**RDL 3x8**  
**Leg extension 3x10**  
**Lying hamstring curl 3x12**  
**Standing calf raise 3x15**  
**Cable crunch 3x12**  
**Leg raise 3x20**

## **UPPER**

**Bent over row 3x5**  
**Bench press 3x10**  
**Incline DB fly 3x12-15**  
**Seated cable row 3x10-15**  
**Rear delt fly 2x12-15**  
**Skull crusher 3x8-12**  
**DB curl 3x8-12**  
**Hammer curl 2x8-10**

## **LOWER**

**Leg extension 3x12-15**  
**Lying hamstring curl 3x12-15**  
**Leg press 4x8**  
**Split squat 3x8-12**  
**Goblet squat 4x15-20**  
**Calf press 4x15-20**

