

Golden Era Workout: Week 1

Monday: Back + Traps + Forearms			Tuesday: Chest + Triceps + Abs		
Exercise	Sets	Reps	Exercise	Sets	Reps
<u>Back</u>			<u>Chest</u>		
Deadlift	5	6	Incline Bench Press	5	8
Lat Pulldowns	4	8	Dumbbell Bench Press	4	8
T-Bar Row	4	8	Machine/Cable Flys	4	8
Pullups	4	8	Machine Pullovers	4	8
One Arm Cable Row	4	8			
<u>Traps, Forearms</u>			<u>Triceps</u>		
Shrugs	4	8	Dumbbell Press	5	8
Wrist Curls	4	8	Weighted Dips	4	8
Reverse Wrist Curls	4	8	Straight Bar Pressdown	4	8
			<u>Abs</u>		
			Cable Crunches	4	20
			Reverse Crunches	4	20
Thursday: Thighs + Calves			Friday: Shoulders + Biceps + Abs		
Exercise	Sets	Reps	Exercise	Sets	Reps
<u>Legs</u>			<u>Shoulders</u>		
Leg Press	5	8	Dumbbell Press	5	8
Lying Leg Curls	4	8	Arnold Press	4	8
Leg Extensions	4	8	Behind the Neck Smith Machine	4	8
Romanian Deadlift	4	8	Reverse Pec Dec	4	8
Hip Ab and Ad Ductors	4	8	Lateral Raise	4	8
Squats	4	8			
<u>Calves</u>			<u>Biceps</u>		
Calf Presses	4	15	Dumbbell Curls	5	8
Standing Calf Raises	4	15	Hammer Curls	4	8
			EZ Preacher Curls	4	8
			<u>Abs</u>		
			Cable Crunches	4	20
			Reverse Crunches	4	20