

Golden Era Workout: Week 1

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