

Basic Free-Weight Routine

Use weights that you can use to perform these exercises with good form, while still getting sore.

Mon.	Wed.	Fri.
Barbell Squat /15 /6 /6 /6	Barbell Squat /15 /5 /5 /5	Barbell Squat /15 /5 /5 /5
Dumbbell Bench Press /12 /5 /5 /5	Dumbbell Shoulder Press /8 /5 /4 /4	Press Dumbbell Bench Press /12 /5 /5 /5
Bent over Dumbbell Row /8 /6 /6 /6	Barbell Deadlift /8 /5 /4	Bent over Dumbbell Row /8 /6 /6 /6
Chin-up Bodyweight / 10 “ / 12 “ / 10 / To Failure	Pull-up Bodyweight / 8 “ / 10 “ / 18 / To Failure	Chin-up Bodyweight / 11 “ / 13 “ / 11 / To Failure