

The Paul Workout  
Focus: Comprehensive Strength Training

<b>Block</b>	<b>Main Muscle</b>	<b>Alternate Muscle Groups</b>
<b>Monday</b>		
Bent Arm Dumbbell Pullover	Chest	Triceps, Shoulders, Lats
Dips	Triceps	Chest, Shoulders
Around the World	Chest	Shoulders
Reverse Preacher Curls	Forearms	Biceps
Decline Dumbbell Bench Press	Chest	Triceps, Shoulders
Dumbbell Flies	Chest	Triceps, Shoulders
Close-Grip Barbell Bench Press	Chest	Triceps, Shoulders
<b>Tuesday</b>		
Alternate Heel Touchers	Abdominals	
Oblique Crunches	Obliques	
Barbell Ab Rol-Outs	Abdominals	Lower Back, Shoulders
Exercise Ball Pull In	Lower Abs	
Plate Twist	Obliques	
Knee Rotation Holding Ball	Abdominals	Triceps, Quadriceps
<b>Thursday</b>		
Barbell Hack Squat	Quadriceps	Forearms, Hamstrings, Calves
Side Split Squat	Quadriceps	Hamstrings
Barbell Lunge	Hamstrings	Quadriceps, Calves, Glutes
Glute Kick Back	Glutes	Hamstrings
Stiff-Leg Barbell Deadlift	Glutes	Hamstrings
Calf Leg Press	Calves	
Barbell Squats	Quadriceps	Lower Back, Hamstrings, Calves
Banded Calf Raise	Claves	
<b>Friday</b>		
Bent Over Barbell Row	Middle Back	Biceps, Lats
Alternate Hammer Curl	Biceps	Forearms
Close-Grip Front Lat Pull	Lats	Biceps, Middle Back
Hyper Extensions	Lower Back	Hamstrings
Stiff-Leg Dumbbell Dead Lift	Lower Back	Hamstrings
One-Armed Chin Up	Middle Back	Biceps, Forearms, Lats
One-Armed Dumbbell Row	Middle Back	Biceps, Lats
Front Lat Pull Down	Lats	Biceps, Middle Back