|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Crowded Gym Barbell Workout** | | **Set 1** | **Set 2** | **Set 3** | **Set 4** |
| **Shoulders / Upper Back** | | | | | |
| Session 1 | Military Press (>6) |  |  |  |  |
| Barbell Row (>6) |  |  |  |  |
| Session 2 | Military Press (>6) |  |  |  |  |
| Barbell Row (>6) |  |  |  |  |
| Session 3 | Military Press (>6) |  |  |  |  |
| Barbell Row (>6) |  |  |  |  |
| **Biceps and Quadriceps** | | | | | |
| Session 1 | Bicep Curl (>6) |  |  |  |  |
| Squat (>6) |  |  |  |  |
| Session 2 | Bicep Curl (>6) |  |  |  |  |
| Squat (>6) |  |  |  |  |
| Session 3 | Bicep Curl (>6) |  |  |  |  |
| Squat (>6) |  |  |  |  |
| **Triceps & Lower Back** | | | | | |
| Session 1 | Tricep Extension (>6) |  |  |  |  |
| Romanian Deadlift (>6) |  |  |  |  |
| Session 2 | Tricep Extension (>6) |  |  |  |  |
| Romanian Deadlift (>6) |  |  |  |  |
| Session 3 | Tricep Extension (>6) |  |  |  |  |
| Romanian Deadlift (>6) |  |  |  |  |
| **Chest and Abductors** | | | | | |
| Session 1 | Barbell Press (>6) |  |  |  |  |
| Lunge (>6) |  |  |  |  |
| Session 2 | Barbell Press (>6) |  |  |  |  |
| Lunge (>6) |  |  |  |  |
| Session 3 | Barbell Press (>6) |  |  |  |  |
| Lunge (>6) |  |  |  |  |