

# DC WORKOUT EXAMPLE

BODYPART	WORKOUT 1	WORKOUT 2	WORKOUT 3
<b>Quads, Hams &amp; Calves</b>	Leg press calf raise Single lying leg curl Squat	Hack calf raise Seated leg curl Hack squat	Donkey calf raise Lying leg curl Front squat
<b>Back &amp; Biceps</b>	Dumbbell incline curls Chins Rack deadlift	Cable curls Behind neck chins Bent over row	Machine preacher curls Hammer Strength pulldown Deadlift
<b>Chest, Shoulders &amp; Triceps</b>	Incline smith press Smith overhead press Lying tricep extension	Hammer Strength incline press Behind neck press Reverse grip bench press on smith machine	Hammer Strength flat press Hammer Strength overhead press Narrow grip bench press