

## THE DIRTY DOZEN WORKOUT

### Warm-Up:

Start with 5-10 minutes of light cardio or dynamic stretching to warm up your muscles.

### Main Workout:

#### 1. Bench Press

- Perform 12 sets of 6 to 10 reps.
- Use an appropriate weight challenging enough for the designated reps.

#### 2. Pushups

- Perform as many pushups as you can in one set, focusing on speed while maintaining proper form.

#### 3. Incline Bench Press

- Perform 12 sets of 6 to 10 reps.
- Adjust the incline bench to a suitable angle challenging for the prescribed reps.

#### 4. Chin-Ups

- Perform 12 sets of 6 reps of chin-ups.

#### 5. Barbell Curls

- Perform as many barbell curls as you can in one set, emphasizing speed while maintaining proper form.

#### 6. Bent-Over Rows

- Perform 12 sets of 6 to 10 reps, alternating sides.

#### 7. Lunges

- Perform lunges starting with one leg, alternating left to right for 3 sets.

#### 8. Lateral Raises

- Perform 12 sets of 6 to 10 reps.

#### 9. Bent-Over Rows (Each Side)

- Perform 6 sets of bent-over rows for each side.

#### 10. Front Raises

- Perform 12 sets of 6 to 10 reps.

#### 11. Shrugs

- Perform 6 sets of 6 to 10 reps.

#### 12. Lateral Pulldowns

- Perform 12 sets of 6 to 10 reps.

**Cooldown:**

After completing the workout, cool down with light stretching exercises targeting the muscles worked during the session.

**Schedule:**

Perform this workout regimen 2-3 times a week, ensuring adequate rest between sessions to facilitate recovery. Rotate muscle groups targeted to prevent overtraining.

**Important Note:**

- Use proper form and technique for each exercise to prevent injury.
- Adjust the weights used based on your strength level to ensure you can complete the prescribed reps with proper form.
- Listen to your body, and if you experience pain or excessive fatigue, consider stopping or reducing the intensity.