



Muscle Gain Male-Beginner (M1010)

Exercise	Sets & Reps
Dumbbell Bench Press	3 X 8
Lat Pull Down	3 X 8
Overhead Dumbbell press	3 X 8
Leg Press	3 X 8
Lying Leg Curl	3 X 8
Rope Press down	3 X 8
Barbell Biceps Curl	3 X 8
Standing Calf Raise	3 X 8
Crunch	3 X 8



Muscle Gain Male-Beginner (M1011)

Exercise	Sets & Reps
Barbell Bench Press	3 X 8
Barbell Bent-Over Row	3 X 8
Overhead Dumbbell press	3 X 8
Leg Press	3 X 8
Lying Leg Curl	3 X 8
Rope Press down	3 X 8
Barbell Biceps Curl	3 X 8
Standing Calf Raise	3 X 8
Crunch	3 X 8



Muscle Gain Male-Intermediate (M1020)

Exercise	Sets & Reps
Barbell Bench Press	3 X 10
Dumbbell Flye	3 X 10
Barbell Bent-over Row	3 X 10
Lat Pulldown	3 X 10
Overhead Dumbbell Press	3 X 10
Leg Press	3 X 10
Lying Leg Curl	3 X 10
Seated Leg Curl	3 X 10
Standing Calf Raise	3 X 10



Muscle Gain Male-Intermediate (M1021)

Exercise	Sets & Reps
Dumbbell Flye	3 X 10
Lat Pulldown	3 X 10
Barbell Bent-over Row	3 X 10
Dumbbell Lateral Raise	3 X 10
Overhead Dumbbell Press	3 X 10
Leg Press	3 X 10
Lying Leg Curl	3 X 10
Seated Leg Curl	3 X 10
Seated Calf Raise	3 X 10



Muscle Gain Male-Intermediate (M1022)

Exercise	Sets & Reps
Dumbbell Lateral Raise	3 X 10
Dumbbell Flye	3 X 10
Barbell Bent-over Row	3 X 10
Barbell Bench press	3 X 10
Overhead Dumbbell Press	3 X 10
Leg Press	3 X 10
Lying Leg Curl	3 X 10
Seated Leg Curl	3 X 10
Seated Calf Raise	3 X 10



Muscle Gain Male-Advance (M1030)

Exercise	Sets & Reps
Barbell Bent-over Row	3 X 12
Barbell Bicep Curl	3 X 12
Preacher Curl with Cable	3 X 12
Lying Ez-bar Triceps extension	3 X 12
Rope Press Down	3 X 12
Leg Press	3 X 12
Lying Leg Curl	3 X 12
Seated Leg Curl	3 X 12
Seated Calf Raise	3 X 12



Muscle Gain Male-Advance (M1031)

Exercise	Sets & Reps
Inclined Barbell Bench Press	3 X 12
Barbell Bicep Curl	3 X 12
Preacher Curl with Cable	3 X 12
Smith Machine Upright row	3 X 12
Dumbbell Kick Back	3 X 12
Leg Press	3 X 12
Lying Leg Curl	3 X 12
Seated Leg Curl	3 X 12
Seated Calf Raise	3 X 12



Muscle Gain Male- Professional (M1040)

Exercise	Sets & Reps
Overhead Dumbbell Press	3 X 15
Inclined Barbell Bench Press	3 X 15
Preacher Curl with Cable	3 X 15
Smith Machine Upright row	3 X 15
Back Squat	3 X 15
Leg Press	3 X 15
Lying Leg Curl	3 X 15
Romanian dead Lift	3 X 8
Seated Leg Curl	3 X 15



Muscle Gain Male- Professional (M1041)

Exercise	Sets & Reps
Preacher Curl with Cable	3 X 15
Inclined Barbell Bench Press	3 X 15
Overhead Dumbbell Press	3 X 15
Dumbbell Lateral Raise	3 X 15
Seated Leg Curl	3 X 15
Leg Press	3 X 15
Lying Leg Curl	3 X 15
Romanian dead Lift	3 X 8
Back Squat	3 X 15