

DESIGNED & CREATED BY GYMNASIUM

## WORKOUT PLAN

MONDAY	Legs
TUESDAY	Shoulders + Abs + Cardio
WEDNESDAY	Arms
THURSDAY	Abs + Cardio
FRIDAY	Chest
SATURDAY	Back + Abs + Cardio
SUNDAY	REST

MONDAY - LEGS			
	Exercises	Reps/set	Set
Giant Set 1	a) Leg Press	5	3-4
	b) DB Walking Lunges	10	
	c) Leg Extension	20	
Giant Set 2	a) DB or Barbell Deadlift	5	3-4
	b) Laying Leg Curl	10	
	c) Seated Calf Raise	20	

**NOTE: There is no rest in between the giant set, do 3 exercises back to back. Rest 2mins after giant set.**

TUESDAY - SHOULDERS + ABS + CARDIO			
	Exercises	Reps/set	Set
Giant Set 1	d) Shoulder Press Behind the neck	5	3-4
	e) DB Side Raise	10	
	f) Plate Front Raise	20	
Giant Set 2	d) DB Press	5	3-4
	e) DB Front Raise	10	
	f) Cable Rear Delt Fly	20	

**NOTE: There is no rest in between the giant set, do 3 exercises back to back. Rest 2mins after giant set.**

ABS	Exercises	Reps/set	Set
Giant Set	a) Sit-ups	20	3-4
	b) Hanging Side Raise	10	
	c) Reverse Crunch	20	
	d) Wood Chopper	20	
CARDIO	20 min Running on Treadmill	Speed 6-7mph	20minutes

**NOTE: There is no rest in between the giant set, do 4 exercises back to back. Rest 1mins after giant set.**

WEDNESDAY – ARMS			
	Exercises	Reps/set	Set
Giant Set 1	a) Barbell Curl	5	3-4
	b) DB Hammer Curl	10	
	c) Laying Cable Curl	20	
Giant Set 2	a) Barbell Skull Crusher	5	3-4
	b) Rope Overhead Extension	10	
	c) Close Grip Triceps Pushdown	20	

**NOTE: There is no rest in between the giant set, do 3 exercises back to back. Rest 2mins after giant set.**

THURSDAY – ABS + CARDIO			
ABS	Exercises	Reps/set	Set
Giant Set	a) Sit-ups	20	3-4
	b) Hanging Side Raise	10	
	c) Reverse Crunch	20	
	d) Wood Chopper	20	
CARDIO	20 min Running on Treadmill	Speed 6-7mph	20minutes

**NOTE: There is no rest in between the giant set, do 4 exercises back to back. Rest 1mins after giant set.**

FRIDAY – CHEST			
	Exercises	Reps/set	Set
Giant Set 1	a) DB or Barbell Incline Press	5	3-4
	b) Machine Chest Press or DB Press	10	
	c) Decline Cable Fly	20	
Giant Set 2	a) Decline Pushup (add weight on your back)	5	3-4
	b) Incline Pushups	10	
	c) Regular Pushups or Barbell Press	20	

**NOTE: There is no rest in between the giant set, do 3 exercises back to back. Rest 2mins after giant set.**

SATURDAY – BACK +ABS + CARDIO			
	Exercises	Reps/set	Set
Giant Set 1	a) Wide Grip Lat Pull down	5	3-4
	b) Machine Rows	10	
	c) Standing Lat Pull Down	20	
Giant Set 2	a) DB or Barbell Shrugs	5	3-4
	b) Rope Upright Rows	10	
	c) Hyper Back Extension	20	

**NOTE: There is no rest in between the giant set, do 3 exercises back to back. Rest 2mins after giant set.**