

## WORKOUT SPLIT

	OPTION 1	OPTION 2
MONDAY	SHOULDERS & TRAPS	CHEST
TUESDAY	BACK	BACK
WEDNESDAY	BICEPS & TRICEPS	BICEPS & TRICEPS
THURSDAY	CHEST	SHOULDERS & TRAPS
FRIDAY	LEGS	LEGS
SATURDAY	CARDIO & ABS	CARDIO & ABS
SUNDAY	REST	REST

You can follow any of the split option

### SHOULDERS & TRAPS

		EXERCISES	SETS	REPS	ALTERNATE EXERCISES
0	WARM UP	DB SHOULDER PRESS DB SIDE RAISE	2-3	15-20	-----
1	SUPER SET	1A. BARBELL SHOULDER PRESS 1B. BARBELL SHRUGS	5	12-10-8-10-12	DB PRESS
2	SUPER SET	2A. DB FRONT RAISE 2B. ROPE FACE PULL	5	12-10-8-10-12	UPRIGHT ROWS
3	SUPER SET	3A. SINGLE HAND DB PRESS 3B. SINGLE HAND DB SIDE RAISE	5	12-10-8-10-12	
4	TRIPLE THREAT	4A. PLATE FRONT RAISE 4B. PLATE FRONT PRESS 4C. PLATE ROTATION	3	10-10-10	USE SINGLE DUMBBELL INSTEAD

REST IS 120 SECS IN BETWEEN THE SET. THERE IS NO REST IN-BETWEEN THE SUPER SET.

### BACK

		EXERCISES	SETS	REPS	ALTERNATE EXERCISES
0	WARM UP	PULL-UP DB ROWS	2-3	15-20	-----
1	REGULAR SET	1. CLOSE GRIP LAT BAR PULLDOWN	5	12-10-8-10-12	-----
2	SUPER SET	2A. WIDE GRIP LAT BAR PULLDOWN 2B. ROPE ROWS	5	12-10-8-10-12	MACHINE ROWS
3	REGULAR SET	3. T-BAR ROWS	5	12-10-8-10-12	DB ROWS
4	TRIPLE THREAT	4A. HAMMER ROWS 4B. LAT PRESSDOWN (STANDING) 4C. HYPER EXTENTION	3	10-10-10	BARBELL ROWS DB PULL OVER

REST IS 120 SECS IN BETWEEN THE SET. THERE IS NO REST IN-BETWEEN THE SUPER SET.

## BICEPS & TRICEPS

		EXERCISES	SETS	REPS	ALTERNATE EXERCISES
0	WARM UP	DB CURLS DB OVERHEAT EXT.	2-3	15-20	-----
1	GAINT SET	1A. BARBELL CURLS 1B. BARBELL SKULL CRUSHER 1C. BARBELL CLOSE GRIP PRESS	5	12-10-8-10-12	DB CURLS
2	SUPER SET	2A. DB HAMMER CURL 2B. DB OVERHEAD EXT.	5	12-10-8-10-12	UPRIGHT ROWS
3	BICEPS TRIPLE THREAT	3A. CABLE BAR CURLS 3B. CABLE CURLS ON THE FLOOR 3C. SINGLE HAND CABLE CURL	3	10-10-10	PREACHER CURL OVERHEAD CURL INCLINE CURL
4	TRICEPS TRIPLE THREAT	4A. UNDERHAND PRESSDOWN 4B. OVERHEAND PRESSDOWN 4C. BAR OVERHEAD EXT.	3	10-10-10	ROPE PRESSDOWN SINGLE HAND PRESS TRICEP DIPS

REST IS 120 SECS IN BETWEEN THE SET. THERE IS NO REST IN-BETWEEN THE SUPER SET.

## CHEST

		EXERCISES	SETS	REPS	ALTERNATE EXERCISES
0	WARM UP	BARBELL/DB PRESS PUSH-UPS	2-3	15-20	-----
1	REGULAR SET	1. BARBELL BENCH PRESS	5	12-10-8-10-12	DB PRESS
2	SUPER SET	2A. DB INCLINE PRESS 2B. DB FLY ON FLAT BENCH	5	12-10-8-10-12	BARBELL INCLINE PRESS
3	REGULAR SET	3. DECLINE FLYS ON STABILITY BALL	5	12-10-8-10-12	DB DECLINE FLY ON BENCH
4	TRIPLE THREAT	4A. CABLE FLY 4B. PUSH-UPS (10 INCH HIGH) 4C. DECLINE DIPS	3	10-10-10	-----

REST IS 120 SECS IN BETWEEN THE SET. THERE IS NO REST IN-BETWEEN THE SUPER SET.

## LEGS

		EXERCISES	SETS	REPS	ALTERNATE EXERCISES
0	WARM UP	BODY SQUAT LUNGES	2-3	15-20	-----
1	SUPER SET	1A. BARBELL SQUAT 1B. BARBELL SPLIT SQUAT	5	12-10-8-10-12	DB SQUAT DB SPLIT SQUAT
2	SUPER SET	2A. LAYING HAMSTRING CURL 2B. DB DEADLIFT	5	12-10-8-10-12	BARBELL DEADLIFT
3	SUPER SET	3A. LEG PRESS (NARROW STANCE) 3B. LEG PRESS (WIDE STANCE)	5	12-10-8-10-12	-----
4	TRIPLE THREAT	4A. GLUTEUS KICK BACK 4B. SEATED CALF RAISE 4C. STANDING CALF RAISE	3	10-10-10	-----

REST IS 120 SECS IN BETWEEN THE SET. THERE IS NO REST IN-BETWEEN THE SUPER SET.

## CARDIO & ABS

		EXERCISES	SETS	REPS
	CARDIO	TREADMILL OR CYCLING	30MIN	10KM SPEED
1	SUPER SET	1A. INCLINE CRUNCHES 1B. REVERSE CRUNCHES	3-4	15REPS
2	SUPER SET	2A. ROPE CRUNCHES 2B. HANGING LEG RAISE	3-4	15REPS
3	SUPER SET	3A. WOOD CHOPER 3B. LOWER BODY ROTATION	3-4	15REPS

REST IS 60 SECS IN BETWEEN THE SET. THERE IS NO REST IN-BETWEEN THE SUPER SET.