

MUSCLE

BUILDING PROGRAM

WORKOUT SPLIT

| DAYS | SPLIT |
|-----------|-------------------|
| MONDAY | CHEST & TRICEPS |
| TUESDAY | BACK & BICEPS |
| WEDNESDAY | ABS & CARDIO |
| THURSDAY | SHOULDERS & TRAPS |
| FRIDAY | LEGS |
| SATURDAY | REST |
| SUNDAY | REST |

| MONDAY | | | | | |
|---|--------|--------|--------|--------|--------|
| EXERCISES | SET 1 | SET 2 | SET 3 | SET 4 | SET 5 |
| CHEST & TRICEPS | (Reps) | (Reps) | (Reps) | (Reps) | (Reps) |
| 1. SUPERSET | | | | | |
| a) Barbell Incline Press (Close Grip) | 12 | 10 | 8 | --- | --- |
| b) Barbell Incline press (Regular Grip) | 12 | 10 | 8 | | |
| 2. REGULAR SET | | | | | |
| Dumbbell Press (10sec hold last rep) | 12 | 10 | 8 | 10 | 12 |
| 3. SUPERSET | | | | | |
| a) Decline Cable Fly (High Angle) | 10 | 10 | 10 | --- | --- |
| b) Regular Cable fly (Mid Angle) | 10 | 10 | 10 | | |
| TRICEPS | | | | | |
| 4. SUPERSET | | | | | |
| a) Rope Triceps Press down | 12 | 10 | 8 | | |
| b) Dumbbell or Barbell Skull Crusher | 12 | 10 | 8 | | |
| 5. SUPERSET | | | | | |
| a) Bar or Rope Overhead Ext. | 12 | 10 | 8 | | |
| b) Triceps Bench Dips (add weight) | 12 | 10 | 8 | | |

| TUESDAY | | | | | |
|---|-----------------|-----------------|-----------------|-----------------|-----------------|
| EXERCISES BACK & BICEPS | SET 1 (Reps) | SET 2 (Reps) | SET 3 (Reps) | SET 4 (Reps) | SET 5 (Reps) |
| 1. SUPERSET | | | | | |
| a) Lat bar pull down (Close Grip) | 12 | 10 | 8 | --- | --- |
| b) Rope rows (seated on the bench or floor) | 12 | 10 | 8 | | |
| 2. DROP SET | | | | | |
| Dumbbell Rows (3rd set is a drop set) | 12 | 10 | 8+8 | --- | --- |
| 3. SUPERSET | | | | | |
| a) Barbell Rows (Underhand grip) | 10 | 10 | 10 | --- | --- |
| b) Hyper Extension (holding weight) | 10 | 10 | 10 | | |
| BICEPS | | | | | |
| 4. SUPERSET | | | | | |
| a) DB Hammer Curl | 12 | 10 | 8 | --- | --- |
| b) Dumbbell conc. Curl | 12 | 10 | 8 | | |
| 5. REGULAR SET | | | | | |
| Prone Incline Barbell Spider Curl | 12 | 12 | 12 | --- | --- |
| 6. REGULAR SET | | | | | |
| High Angle cable Curl | 12 | 12 | 12 | --- | --- |

| WEDNESDAY | | | | | |
|-------------------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| EXERCISES CARDIO & ABS | SET 1 (Reps) | SET 2 (Reps) | SET 3 (Reps) | SET 4 (Reps) | SET 5 (Reps) |
| CARDIO: TREADMILL | | | | | |
| – 5min Slow Walk (2.5mph / 4.5kmph) | --- | --- | --- | --- | --- |
| – 20min Running (6mph / 10kmph) | | | | | |
| – 5min Cool Down (2.5mph / 4.5kmph) | | | | | |
| ABS | | | | | |
| SUPERSET | | | | | |
| a) Incline Crunch (7+7+7 reps) | 21 | 21 | 21 | --- | --- |
| b) Laying Leg Raise | 15-20 | 15-20 | 15-20 | | |
| c) Planks (90-120sec hold) | 120sec | 100sec | 90sec | | |

| THURSDAY | | | | | |
|--|-----------------|-----------------|-----------------|-----------------|-----------------|
| EXERCISES SHOULDERS & TRAPS | SET 1 (Reps) | SET 2 (Reps) | SET 3 (Reps) | SET 4 (Reps) | SET 5 (Reps) |
| 1. REGULAR SET Barbell Shoulder Press | 12 | 10 | 8 | --- | --- |
| 2. DROP SET Dumbbell Press (3rd set is a drop set) | 12 | 10 | 8+8 | --- | --- |
| 3. SUPERSET a) Rope Face Pull (with rotation) b) Single Hand DB Side Raise | 12 12 | 10 10 | 8 8 | --- | --- |
| 4. SUPERSET a) DB Rear Delt Fly b) Dumbbell or Barbell Shrugs | 12 12 | 10 10 | 8 8 | --- | --- |

| FRIDAY | | | | | |
|---|-----------------|-----------------|-----------------|-----------------|-----------------|
| EXERCISES LEGS | SET 1 (Reps) | SET 2 (Reps) | SET 3 (Reps) | SET 4 (Reps) | SET 5 (Reps) |
| WARM UP SET (Body Weight Squat) | 20 | 20 | | | |
| 1. REGULAR SET Leg Press (Normal Stance) | 12 | 10 | 8 | --- | --- |
| 2. SUPER SET a) DB Sumo Squat b) DB Deadlift | 12 12 | 10 10 | 8 8 | --- | --- |
| 3. REGULAR SET Leg Press on Smith Machine (Wide Stance) or Wide stance Leg Press | 12 | 10 | 8 | --- | --- |
| 4. MULTI-SET Prisoner Lunges & Squats | 8+8 | 8+8 | 8+8 | --- | --- |
| 5. REGULAR SET Calf Raise on Leg Press | 12 | 12 | 12 | | |

Do 2 warm up sets before starting any exercise.
Take 120sec rest after each superset.
Take 90sec rest after the regular set.
Take 60sec rest after abs.