

WORKOUT PLAN

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Chest Back Cardio	Arms Abs	Shoulders Traps Cardio	Legs Abs	REST	Chest Back Cardio	Arms Abs
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Shoulders Traps Cardio	Legs Abs	REST	Chest Back Cardio	Arms Abs	Shoulders Traps Cardio	Legs Abs
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
REST	Chest Back Cardio	Arms Abs	Shoulders Traps Cardio	Legs Abs	REST	Chest Back Cardio
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Arms Abs	Shoulders Traps Cardio	Legs Abs	REST	Chest Back Cardio	Arms Abs	Shoulders Traps Cardio
DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
Legs Abs	REST	Chest Back Cardio	Arms Abs	Shoulders Traps Cardio	Legs Abs	REST
DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
Chest Back Cardio	Arms Abs	Shoulders Traps Cardio	Legs Abs	REST	Chest Back Cardio	Arms Abs
DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
Shoulders Traps Cardio	Legs Abs	REST	Chest Back Cardio	Arms Abs	Shoulders Traps Cardio	Legs Abs
DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
REST	Chest Back Cardio	Arms Abs	Shoulders Traps Cardio	Legs Abs	REST	Chest Back Cardio
DAY 57	DAY 58	DAY 59	DAY 60			
Arms Abs	Shoulders Traps Cardio	Legs Abs	REST			

CHEST & BACK			
	Exercises	Reps/set	Set
Super Set	1a. DB Press 1b. DB Rows	8-10-12-15	4
Super Set	2a. DB Incline Press 2b. Wide Grip Lat Pulldown	8-10-12-15	4
Super Set	3a. DB Decline Crossover 3b. Rope Rows	8-10-12-15	4
Drop Set	4. DB Pullover (10+10+10)	10	1
CARDIO			
20min	Treadmill Running ❖ 5min Jogging ❖ 15min Running	5min 15min	6kmph 12kmph

NOTE: There is no rest in between the super set and drop set, do 2 exercises back to back. Rest 1-2mins after super set.

ARMS (BICEPS & TRICEPS)			
	Exercises	Reps/set	Set
Super Set	1a. DB Curl (or Barbell) 1b. DB Skull Crusher (or Barbell)	8-10-12-15	4
Super Set	2a. Rope Curl 2b. Single Hand Triceps Press down	8-10-12-15	4
Super Set	3a. High Angle Cable Curl 3b. DB Overhead Extension	8-10-12-15	4
Drop Set	4a. Biceps Cable Curl (Elbow Pointing Back) 4b. DB Kickback	8-10-12-15	4
ABS			
Gaint Set	1a. Hanging Leg Raise 1b. Side Twist (On Medicine Ball) 1c. Laying V Crunches	15 15/side 15	3 3 3
Gaint Set	2a. Stability Ball Crunch 2b. Cable Oblique Crunch 2c. Planks on Stability Ball	15 15/side 90-120sec	3 3 3

NOTE: There is no rest in between the super set and drop set, do 2 exercises back to back. Rest 1-2mins after super set.

SHOULDERS & TRAPS			
	Exercises	Reps/set	Set
Super Set	1a. DB Press 1b. DB Seated Shrugs	8-10-12-15	4
Super Set	2a. DB Front Raise 2b. DB Front Shrugs (or kettle bell)	8-10-12-15	4
Regular Set	3. DB Arm Circle	8-10-12-15	4
Super Set	4a. Barbell Upright Rows 4b. Cable Read Delt Fly (Mid Low Angle)	8-10-12-15	4
CARDIO			
20min	Treadmill Running ❖ 5min Jogging ❖ 15min Running	5min 15min	6kmph 12kmph

NOTE: There is no rest in between the super set and drop set, do 2 exercises back to back. Rest 1-2mins after super set.

LEGS (QUADS/HAMS/CALVES)			
	Exercises	Reps/set	Set
Warm-up	Brisk Walk on Treadmill	10mins	-----
Super Set	1a. DB Squat (or Barbell) 1b. DB Deadlift (or Barbell)	8-10-12-15	4
Super Set	2a. Leg Extension 2b. Hamstring Extension	8-10-12-15	4
Super Set	3a. Barbell Front Squat 3b. DB Sumo Squat	8-10-12-15	4
Regular Set	4. Barbell Calf Raise (or Standing machine calf raise)	8-10-12-15	4
ABS			
Gaint Set	1a. Hanging Leg Raise 1b. Side Twist (On Medicine Ball) 1c. Laying V Crunches	15 15/side 15	3 3 3
Gaint Set	2a. Stability Ball Crunch 2b. Cable Oblique Crunch 2c. Planks on Stability Ball	15 15/side 90-120sec	3 3 3

NOTE: There is no rest in between the super set and drop set, do 2 exercises back to back. Rest 1-2mins after super set.