

Warm UP		
Exercise	Sets	Reps
Cycling	1	10 min
Arm Circles	1	20 (10 per side)
Arm Hugs	1	20 (10 per side)
Forward Leg Swing	1	20 (10 per side)
Lateral Leg Swing	1	20 (10 per side)

Day 01				
Exercise	Sets	Reps	Tempo	Rest
Barbell Bench Press	5	10,10,8,8,8	3011	60-120 sec
15 degree Incline DB Press	4	12,10,8,6	3011	60-120 sec
High Pully Cable Crossover	2	12	2011	60-120 sec
Machine Shoulder press	3	12,10,8	3011	60-120 sec
DB Side Lateral Raise	3	12	2011	60-120 sec
DB Over Head Tricep Extension	5	10,10,8,8,8	3011	60-120 sec
Tricep Rope Push Down	3	12	2011	60-120 sec
Cycling	1	10 min	-	-

Day 02				
Exercise	Sets	Reps	Tempo	Rest
Barbell Back Squat	5	10,10,8,8,8	3011	60-120 sec
Lying DB Leg Curl	3	12,10,8	3011	60-120 sec
Machine Leg Extension	4	12	2011	60-120 sec
DB Romanian Deadlift	4	12,10,8,6	3011	60-120 sec
Machine Leg Press Calf Raises	4	12	2011	60-120 sec
Hanging Leg Raises	3	12-15	2020	60-120 sec
Decline Weighted Crunches	3	8-10	2011	60-120 sec
Cycling	1	10 min	-	-

Day 03				
Exercise	Sets	Reps	Tempo	Rest
Bent Over Barbell Row	5	10,10,8,8,8	3011	60-120 sec
Single Arm Hammer Strength Row	4	12,10,8,6	3011	60-120 sec
Straight Arm Pull Down	3	12	2011	60-120 sec
Rear Delt Cable Fly	2	12	2011	60-120 sec
Barbell Curl	5	10,10,8,8,8	3011	60-120 sec
Incline DB Curl	3	12,10,8	2011	60-120 sec
Alternative DB Hammer Curl	3	12,10,8	2011	60-120 sec
Cycling	1	10 min	-	-

Day 04 - Rest

Day 05				
Exercise	Sets	Reps	Tempo	Rest
Standing Barbell Over Head Shoulder Press	5	10,10,8,8,8	3011	60-120 sec
Wide Grip Pull Ups	4	8-Maximum	3011	60-120 sec
Neutral Grip DB Bench press	4	12	2111	60-120 sec
Barbell Front Shrugs	5	10,10,8,8,8	2011	60-120 sec
Barbell Preacher Curl	3	12,10,8	3011	60-120 sec
Tricep Push Down	4	12	2011	60-120 sec
Cycling	1	10 min	-	-

Day 06				
Exercise	Sets	Reps	Tempo	Rest
Barbell Romanian Deadlift	5	10,10,8,8,8	3011	60-120 sec
Bulgarian Split Squat	3	12,10,8	3011	60-120 sec
DB Hip Thrust	3	12,10,8	3011	60-120 sec
DB Sumo Squat	4	12,10,8	3011	60-120 sec
Standing DB Calf Raises	4	12-15	2011	60-120 sec
Cable Side Crunches	3	12-15	2020	60-120 sec
Plank	3	60 sec	-	60 sec
Cycling	1	10 min	-	-

Notes

Every day Should do two warm up sets between 10-12 reps of First Exercise

Example for Day 01

Exercise : Barbell Bench Press ;

1st Warm up set : Do 10-12 Reps Using Free Barbell without adding Weights

2nd Warm up set : Do 10-12 Reps Adding 50% of weight that use for first set.