

6 DAY'S WORK OUT SCHEDULE

Rep's (12-10-10-8)

- Day 1 (Monday) (Chest & Tri-cep)

- 1.Bench Press
- 2.Incline Dum bell Press
- 3.Chest Flye's
- 4.Dips
- 5.Overhead Tri-cep Extension
- 6.Tri-cep Pushdowns
- 7.Tricep Dips

- Day 2 (Tuesday) (Back & Bicep)

- 1.Deadlifts
- 2.Lat Pulldown
- 3.Barbell Rows
- 4.Seated Rows
- 5.Hammer Curls
- 6.Face Pulls
- 7.Barbell or Dumbbell Shrugs

- Day 3 (Wednesday) (Legs & Shoulder)

- 1.Front Squat
- 2.Lunges
- 3.Legs Press
- 4.Calf Raises
- 5.Overhead Press
- 6.Lateral Raises
- 7.Front Raises

- **Day 4 (Thursday) (Chest & Tri-cep)**

- 1.Dumbbell Bench press
- 2.Decline Bench Press
- 3.Flat Dumbbell Flye's
- 4.PeckDeck Flye
- 5.Tricep Kickbacks
- 6.Close-Grip bench press
- 7.Cable Crossovers

- **Day 5 (Friday) (Back & Bicep)**

- 1.Pull-Ups
- 2.Lat Pulldowns
- 3.T-bar Rows
- 4.Dumbbell Pullover
- 5.Concentration Curls
- 6.Cable Row
- 7.Preacher Curls

- **Day 6 (Saturday) (Legs & Shoulder)**

- 1.Military Press
- 2.Side Lateral Raises
- 3.Face Pull
- 4.Shrugs
- 5.Squats
- 6.Seated Leg Extension
- 7.Leg curls
8. Seated Calf

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