

Weekly Exercise Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1, push-ups, 3, 10-15	R, E, S, T	R, E, S, T	1, push-ups, 3, 10-15	R, E, S, T	R, E, S, T	1, push-ups, 3, 10-15
2, dumbbell bench press, 3, 8-12			2, dumbbell bench press, 3, 8-12			2, dumbbell bench press, 3, 8-12
3, chest dips, 3, 8-12			3, chest dips, 3, 8-12			3, chest dips, 3, 8-12
1, overhead press, 3, 8-12			1, overhead press, 3, 8-12			1, overhead press, 3, 8-12
2, lateral raises, 3, 10-15			2, lateral raises, 3, 10-15			2, lateral raises, 3, 10-15
3, front raises, 3, 10-15			3, front raises, 3, 10-15			3, front raises, 3, 10-15
1, skull crushers, 3, 8-12			1, skull crushers, 3, 8-12			1, skull crushers, 3, 8-12
2, tricep dips, 3, 8-12			2, tricep dips, 3, 8-12			2, tricep dips, 3, 8-12
3, tricep rope pushdowns, 3, 10-15			3, tricep rope pushdowns, 3, 10-15			3, tricep rope pushdowns, 3, 10-15
1, pull-ups, 3, 8-12			1, pull-ups, 3, 8-12			1, pull-ups, 3, 8-12
2, bent-over rows, 3, 8-12			2, bent-over rows, 3, 8-12			2, bent-over rows, 3, 8-12
3, lat pulldowns, 3, 10-15			3, lat pulldowns, 3, 10-15			3, lat pulldowns, 3, 10-15
1, bicep curls, 3, 8-12			1, bicep curls, 3, 8-12			1, bicep curls, 3, 8-12
2, hammer curls, 3, 10-15			2, hammer curls, 3, 10-15			2, hammer curls, 3, 10-15
3, chin-ups, 3, 8-12			3, chin-ups, 3, 8-12			3, chin-ups, 3, 8-12
1, standing calf raises, 3, 12-15			1, standing calf raises, 3, 12-15			1, standing calf raises, 3, 12-15
2, seated calf raises, 3, 12-15			2, seated calf raises, 3, 12-15			2, seated calf raises, 3, 12-15
3, donkey calf raises, 3, 10-12			3, donkey calf raises, 3, 10-12			3, donkey calf raises, 3, 10-12
1, hip thrusts, 3, 8-12			1, hip thrusts, 3, 8-12			1, hip thrusts, 3, 8-12
2, glute bridges, 3, 12-15			2, glute bridges, 3, 12-15			2, glute bridges, 3, 12-15
3, Bulgarian split squats, 3, 8-12			3, Bulgarian split squats, 3, 8-12			3, Bulgarian split squats, 3, 8-12
1, squats, 3, 8-12			1, squats, 3, 8-12			1, squats, 3, 8-12
2, leg press, 3, 10-15			2, leg press, 3, 10-15			2, leg press, 3, 10-15
3, lunges, 3, 10-12			3, lunges, 3, 10-12			3, lunges, 3, 10-12

1, deadlifts, 3, 5-8			1, deadlifts, 3, 5-8			1, deadlifts, 3, 5-8
2, Romanian deadlifts, 3, 8-12			2, Romanian deadlifts, 3, 8-12			2, Romanian deadlifts, 3, 8-12
3, lying leg curls, 3, 10-12			3, lying leg curls, 3, 10-12			3, lying leg curls, 3, 10-12