

# Workout Plan

Legs - Quadriceps, Hamstrings and Calves

Jumping rope

Romanian Deadlift With Dumbbells

Power snatch-

Smith Machine Calf Raise

Push - Chest, Shoulders and Triceps

Pushups

Reverse Fly

Bodyweight Flyes

Front Raise

Cable V-bar push-down

Dumbbell floor press

Pull - Lats and Middle back

V-bar pull-up

Reverse-grip bent-over row

Rower

Barbell Curl