

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

Bodyweight Flyes

Cable V-bar push-down

Pull - Lats and Middle back

V-bar pull-up

Reverse-grip bent-over row

Rower

Rope climb

Barbell Curl

Zottman Curl