

# Workout Plan

Legs - Quadriceps, Hamstrings and Calves

Single-Leg Press

Power Clean from Blocks

Power snatch-

Barbell Deadlift

Seated Calf Raise

Calf Press On The Leg Press Machine

Push - Chest, Shoulders and Triceps

Incline dumbbell bench press

Arnold Press

Close-grip bench press

Decline EZ-bar skullcrusher

Pull - Lats and Middle back

Close-grip pull-down

T-Bar Row with Handle

T-Bar Row

Close-Grip Front Lat Pulldown

Barbell Curl

Biceps curl to shoulder press