

Workout schedule

Monday: legs n triceps

1. Squats 5x 6- 8 reps
2. Deadlift 5x 6- 8reps
3. Lunges 3x 10-12 reps
4. Hamstring curl 3x 10-12 reps
5. Leg extension 3x 10- 12 reps
6. Skull crushers 3x 10-12 reps
7. Triceps pressdown 3x 10-12reps
8. Dumbell overhead extension 3x10-12reps

Tuesday: back n biceps

1. Pullups until failure
2. Latpulldown 5x 8-10reps
3. Bentoverrow 5x 8-10 reps
4. Single arm dumbell row 3x 10-12 reps
5. Seated row 3x 10-12reps
6. Barbell curl 3x 10-12 reps
7. Hammer curl 3x 10-12reps
8. Concentration curl 3x 10-12 reps

Wednesday: chest n shoulder

1. Incline bench press 5x 6-8reps
2. Flat bench press 5x6-8reps
3. Dumbell flys 3x 10- 12reps
4. Dumbell pullover 3x10-12reps
5. Overhead press 5x 6-8reps
6. Lateral raise 3x 10-12reps
7. Rear delt flys 3x10-12reps
8. Upright row 3x 10-12 reps

Thursday: legs n triceps

1. Squats 5x 6- 8 reps
2. Deadlift 5x 6- 8reps
3. Lunges 3x 10-12 reps
4. Hamstring curl 3x 10-12 reps
5. .Leg extension 3x 10- 12 reps
6. Skull crushers 3x 10-12 reps
7. Triceps pressdown 3x 10-12reps
8. Dumbell overhead extension 3x10-12reps

Friday: back n biceps

1. Pullups until failure
2. Latpulldown 5x 8-10reps
3. Bentoverrow 5x 8-10 reps
4. Single arm dumbbell row 3x 10-12 reps
5. Seated row 3x 10-12reps
6. Barbell curl 3x 10-12 reps
7. Hammer curl 3x 10-12reps
8. Concentration curl 3x 10-12 reps

Saturday : chest n shoulder

1. Incline bench press 5x 6-8reps
2. Flat bench press 5x6-8reps
3. Dumbell flys 3x 10- 12reps
4. Dumbell pullover 3x10-12reps
5. Overhead press 5x 6-8reps
6. Lateral raise 3x 10-12reps
7. Rear delt flys 3x10-12reps
8. Upright row 3x 10-12 reps

Notes:

Drink approx 750 ml water throughout workout.

1min rest after every set.

Use both barbell n dumbbells.

Increase weight in exercises every next week.