

1. 4 to 5 sets
2. 8 to 12 reps
3. Slow range of motion
4. Increase 1 to 2 kg weight in compound movement ( benchpress, squat, deadlift, overhead press, bentover row,
5. 4 to 5 meals after every 3 hours
6. 45 min to 1 hr workout time

#### Chest

1. Barbell benchpress
2. Incline barbell benchpress
3. Flat bench dumbbell flys
4. Dumbbell pullover
5. Cable crossover (optional)
6. Dips (optional)

#### Back

1. Pullups until failure 50 reps
2. Latpulldown
3. Barbell bentover row
4. Seated row
5. Barbell shrugs
6. Single arm dumbbell row(optional)
7. Close grip chinups(optional)

#### Biceps

1. Barbell curl
2. Dumbbell curl
3. Concentration curl
4. Hammer curl
5. Incline dumbbell curl (optional)
6. Preacher curl(optional)

#### Triceps

1. Dumbbell overhead extension
2. Triceps bar press down
3. Close grip benchpress
4. Skull crushers
5. Triceps kickback(optional)
6. Triceps dips(optional)

#### Shoulders

1. Overhead press
2. Seated dumbbell press
3. Lateral raise
4. Rear delt flys
5. Dumbbell shrugs

6. Front raise (optional)
7. Upright row( optional)

#### Legs

1. Squats
2. Deadlift
3. Leg extension
4. Hamstring curl
5. Lunges ( optional)
6. Front squats(optional)
7. Legpress(optional)

BY

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