

### Workout plan

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

### Monday: Chest

1. Barbell benchpress
2. Incline barbell benchpress
3. Flat bench dumbbell flys
4. Dumbbell pullover

### Tuesday: Back

1. Pullups until failure 50 reps
2. Latpulldown
3. Barbell bentover row
4. Seated row
5. Barbell shrugs

### Wednesday: Legs

1. Squats
2. Deadlift
3. Leg extension
4. Hamstring curl
5. Lunges ( optional)

### Friday: Arms: Biceps n triceps

1. Barbell curl
2. Dumbbell curl
3. Concentration curl
4. Hammer curl

### Triceps

1. Dumbbell overhead extension
2. Triceps bar press down
3. Close grip benchpress
4. Skull crushers

Saturday: Shoulders

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

BY

Garvit mohan