

# FULL WEEK GYM WORKOUT PLAN

BUDDY FITNESS - IFSA CERTIFIED FITNESS COACH



**MONDAY - CHEST**



**TUESDAY - BACK**



**WEDNESDAY - BICEP**



**THURSDAY - TRICEPS & ABS**



**FRIDAY - SHOULDER (DELTOID)**



**SATURDAY - LEGS**



**SUNDAY - REST**



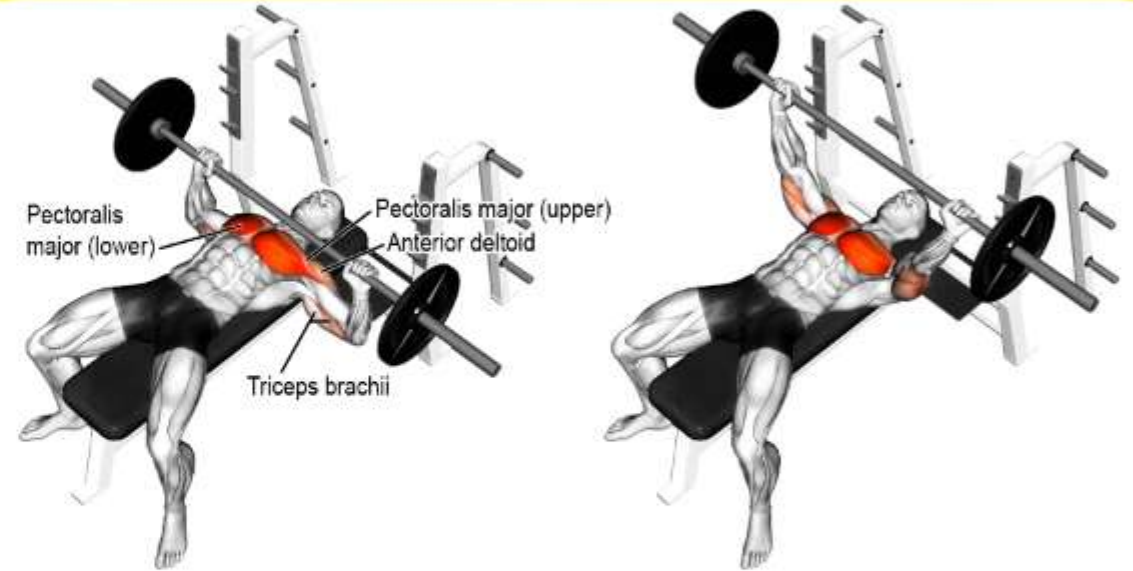
# 1. BARBELL FLAT BENCH PRESS

**MONDAY - CHEST**

**3 SETS OF 8 TO 12 REPS**



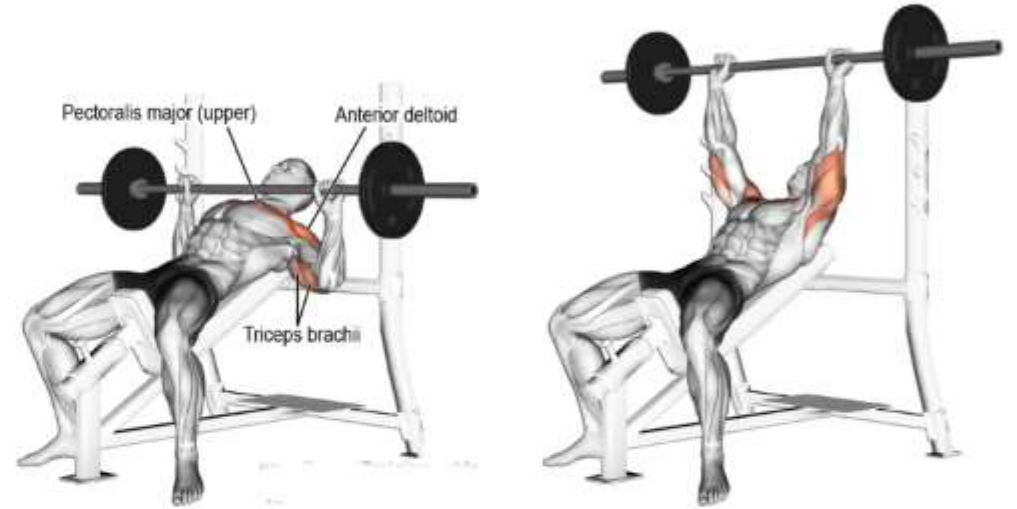
**BUDDY FITNESS**



# 2. BARBELL INCLINE BENCH PRESS

**MONDAY - CHEST**

**3 SETS OF 8 TO 12 REPS**





# 3. BARBELL DECLINE BENCH PRESS

**MONDAY - CHEST**

**3 SETS OF 8 TO 12 REPS**



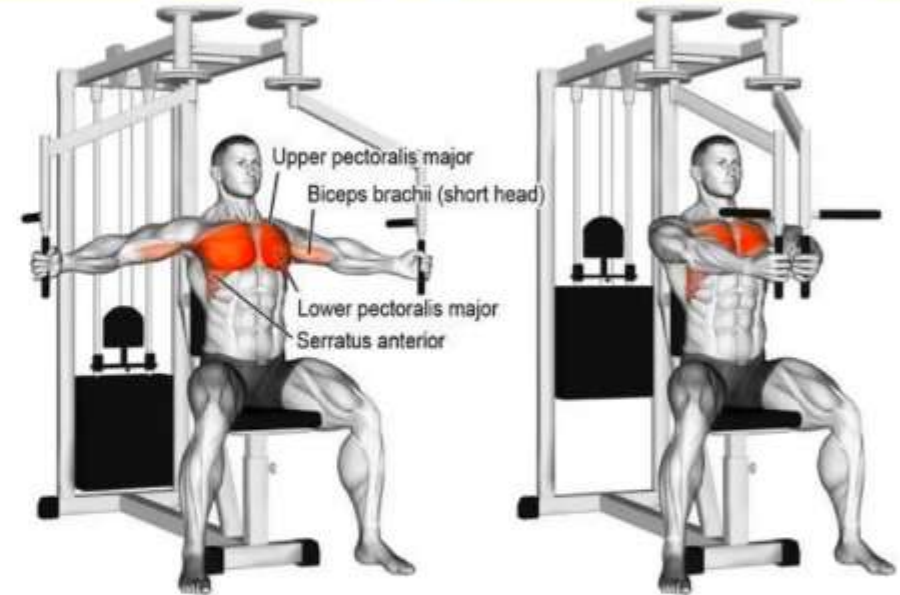
# 4. PEC DECK FLY - (MACHINE)

**MONDAY - CHEST**

**3 SETS OF 8 TO 12 REPS**



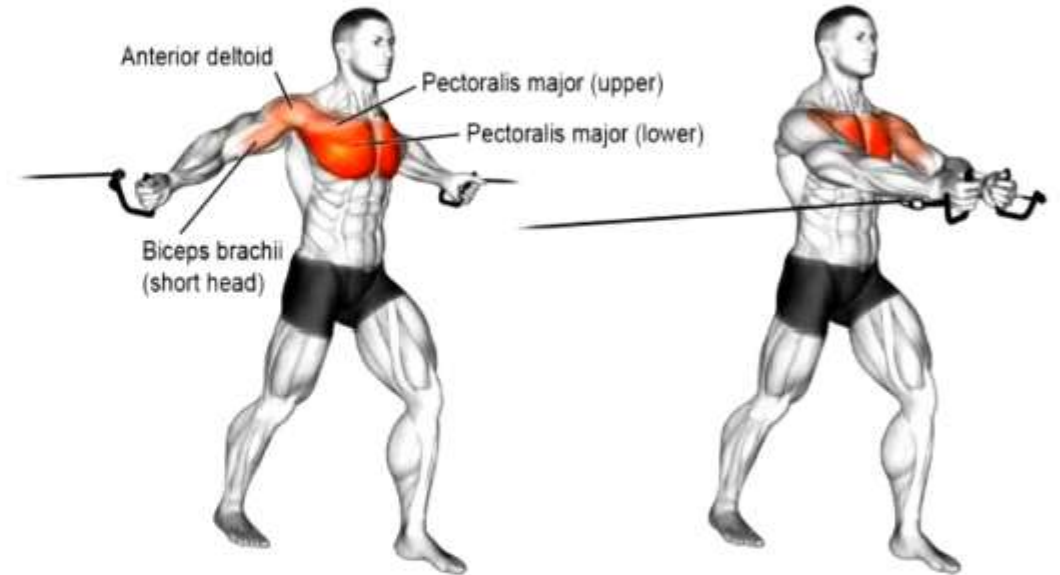
**BUDDY FITNESS**



# 5. STANDING CABLE FLY

**MONDAY - CHEST**

**3 SETS OF 8 TO 12 REPS**

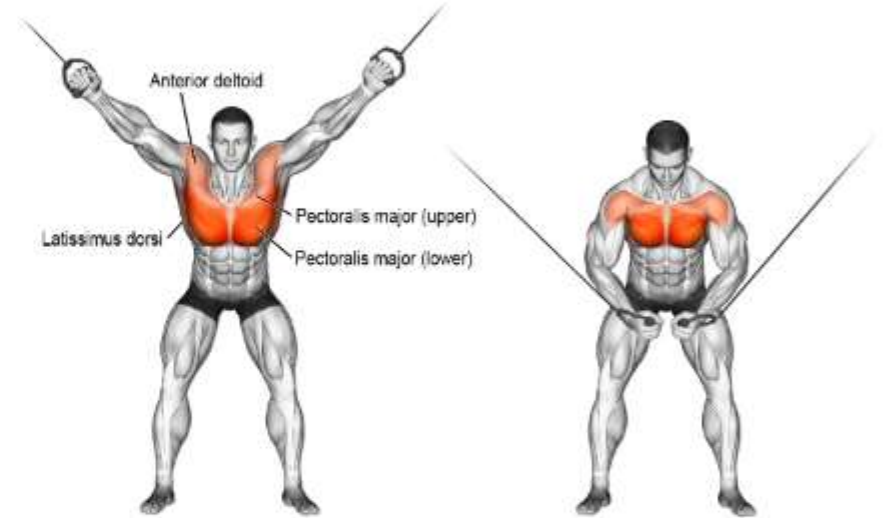
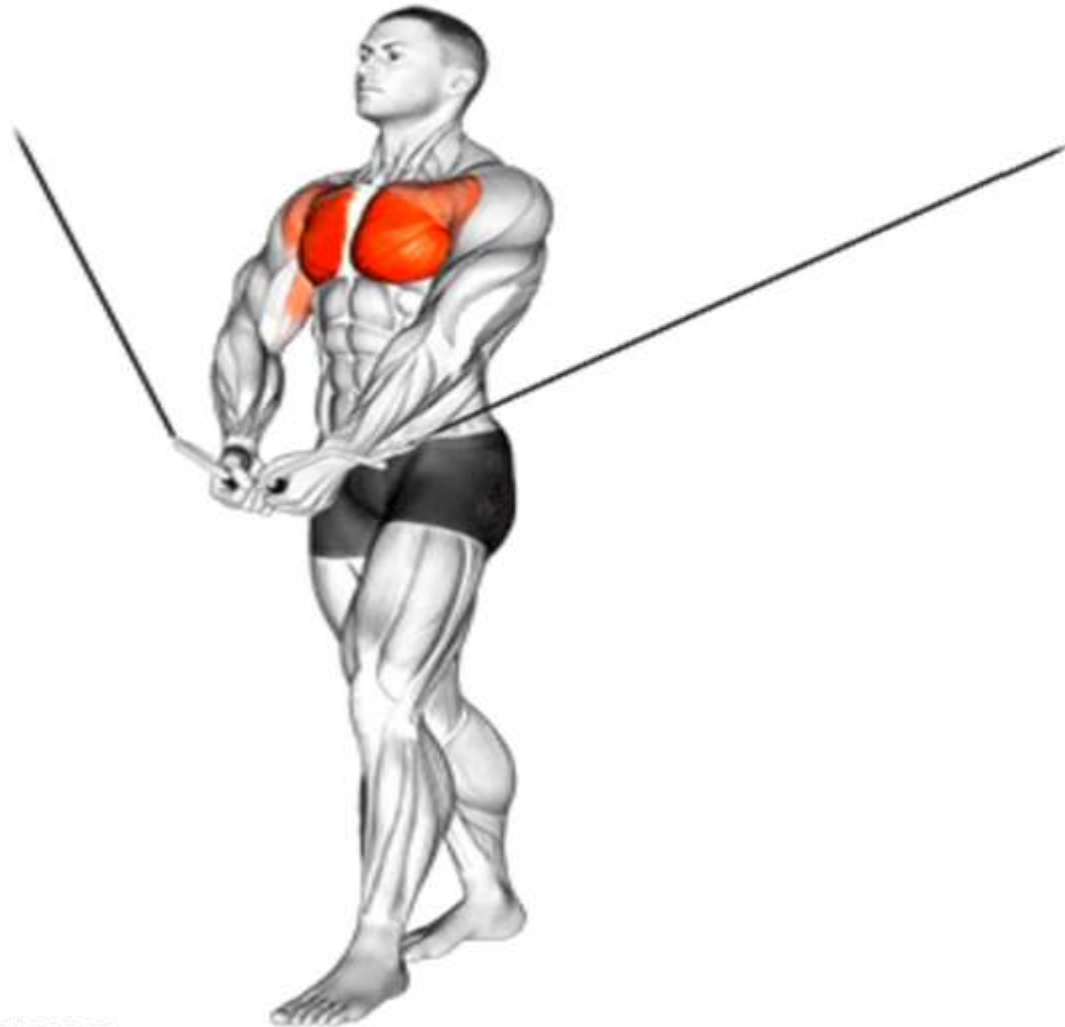




# 6. HIGH CABLE FLY (CROSS OVER)

**MONDAY - CHEST**

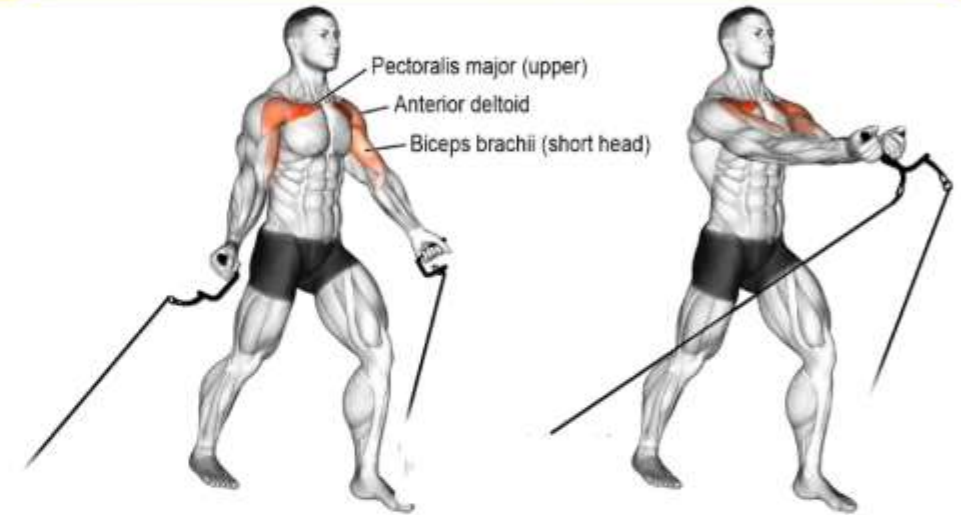
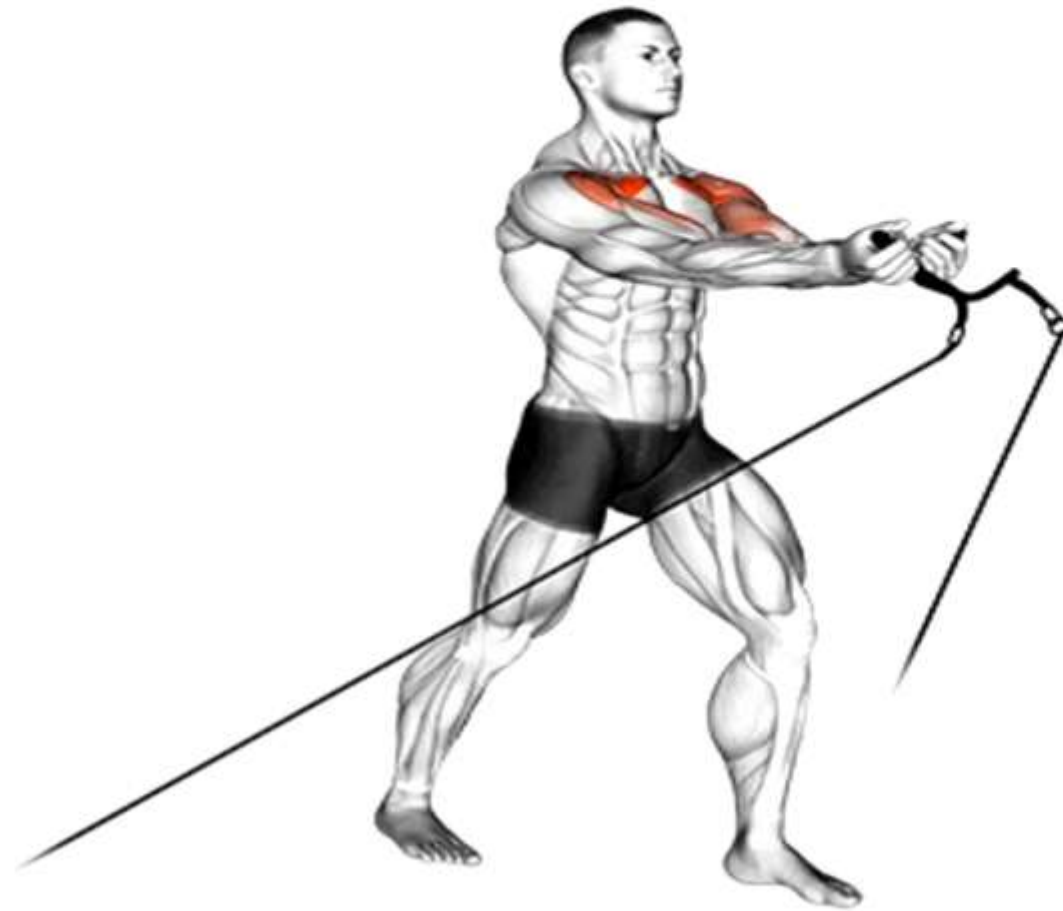
**3 SETS OF 8 TO 12 REPS**



# 7. LOW STANDING CABLE FLY

**MONDAY - CHEST**

**3 SETS OF 8 TO 12 REPS**

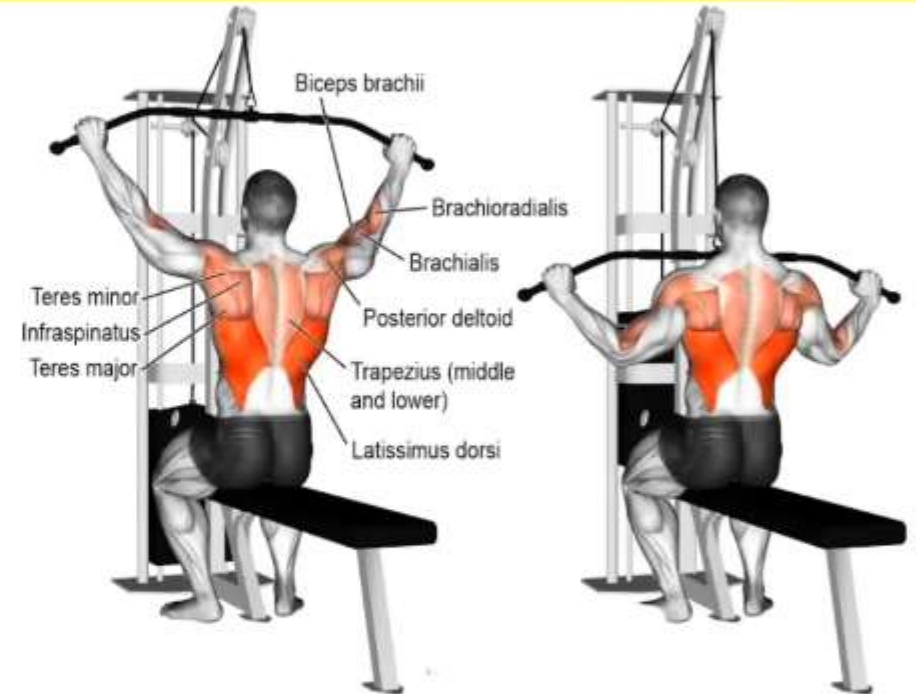




# 1. LAT PULL - DOWN (WIDE GRIP)

**TUESDAY - BACK**

**3 SETS OF 8 TO 12 REPS**



## 2. SEATED CABLE ROW

**TUESDAY - BACK**

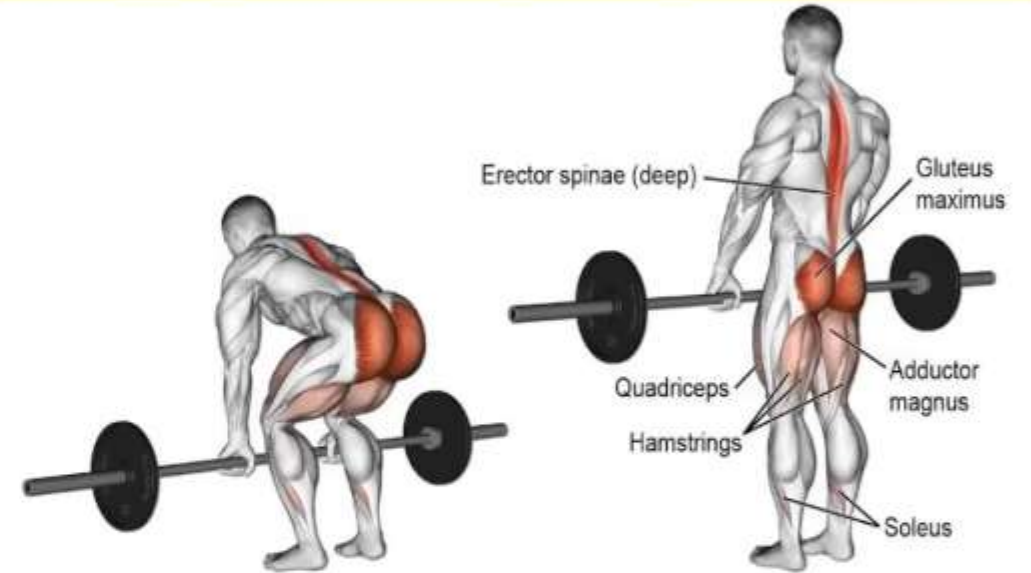
**3 SETS OF 8 TO 12 REPS**



# 3. DEADLIFT

**TUESDAY - BACK**

**3 SETS OF 8 TO 12 REPS**

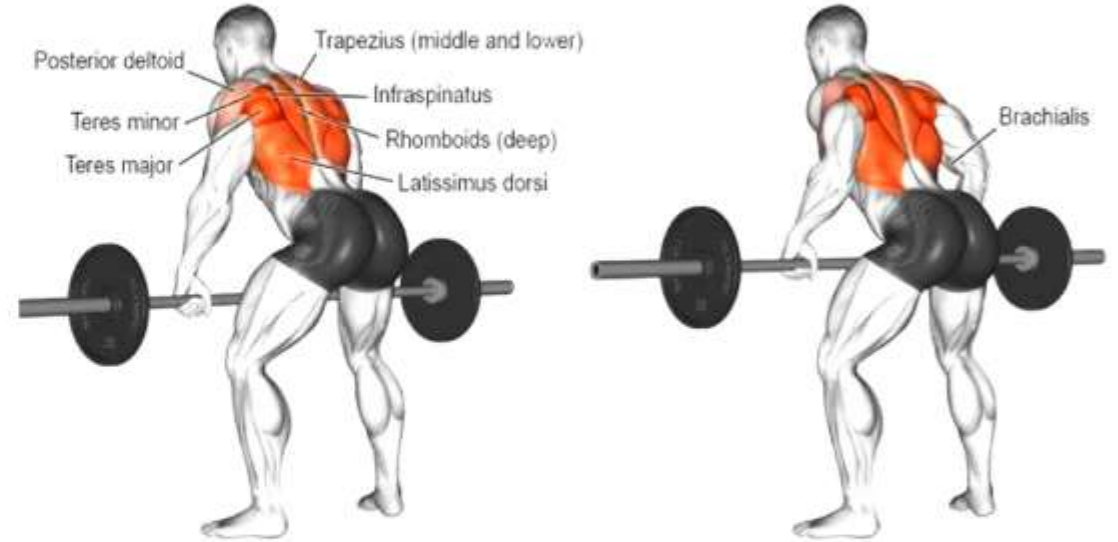




# 4. BENT OVER ROW

**TUESDAY - BACK**

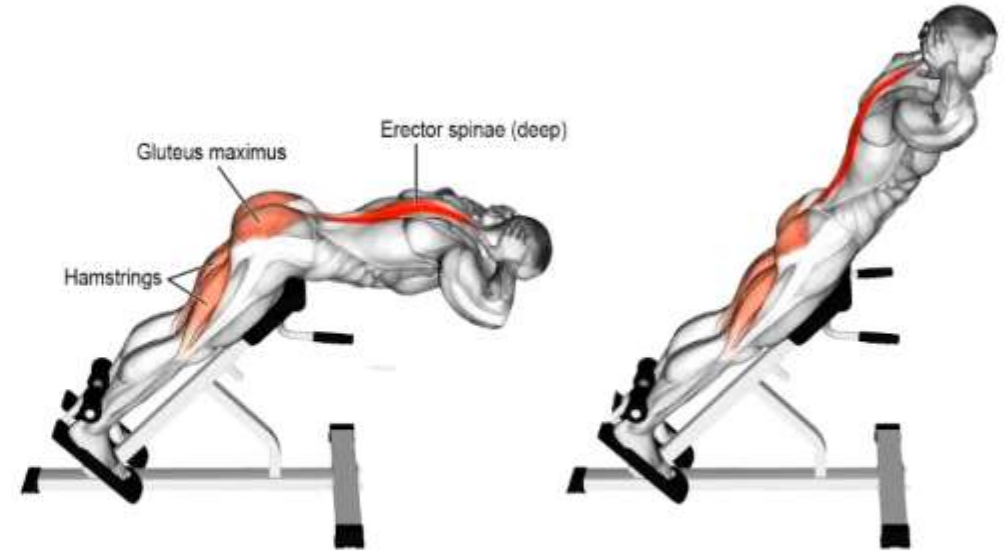
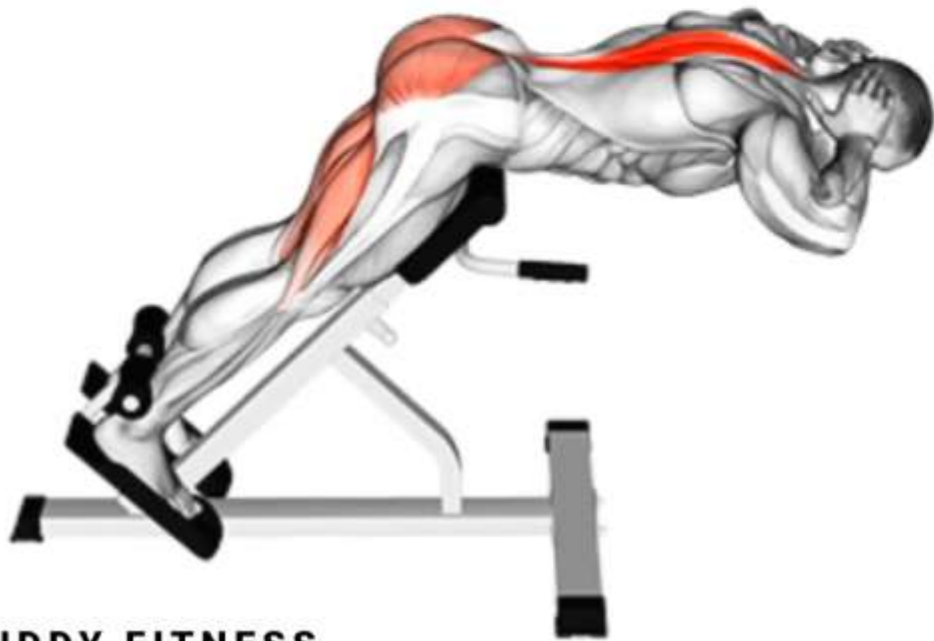
**3 SETS OF 8 TO 12 REPS**



# 5. HYPER-EXTENSION

**TUESDAY - BACK**

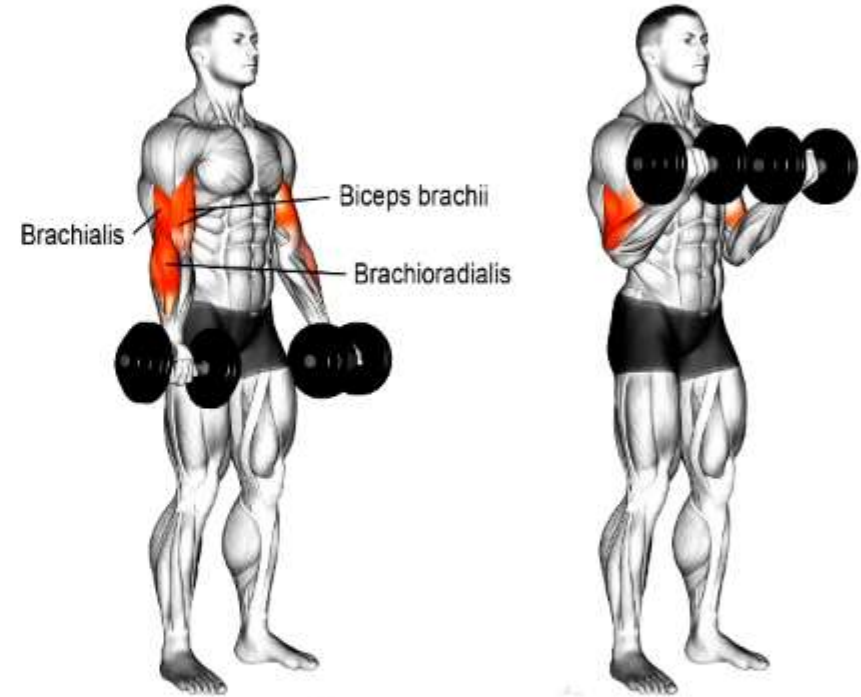
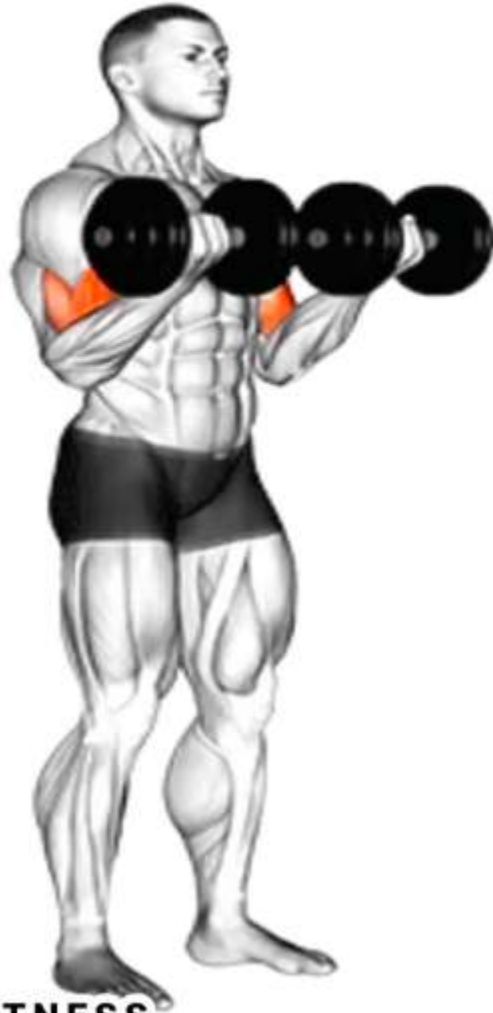
**3 SETS OF 8 TO 12 REPS**



# 1. DUMBBELL BICEP CURL

WEDNESDAY - BICEPS

3 SETS OF 8 TO 12 REPS

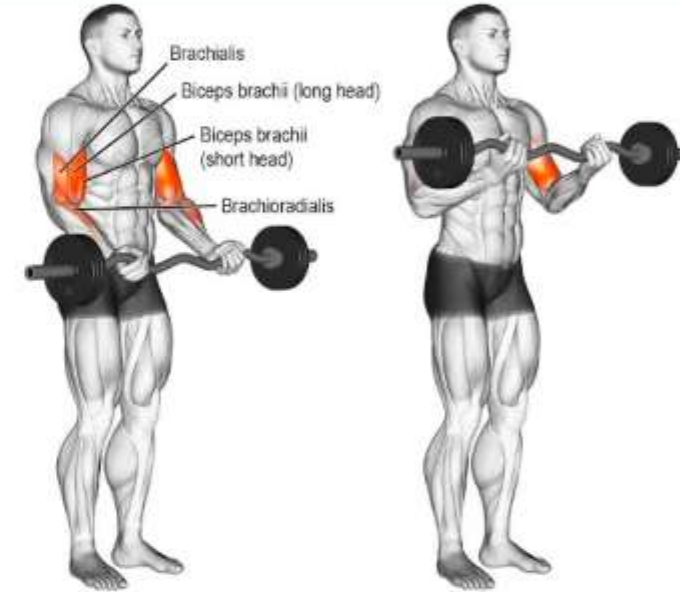
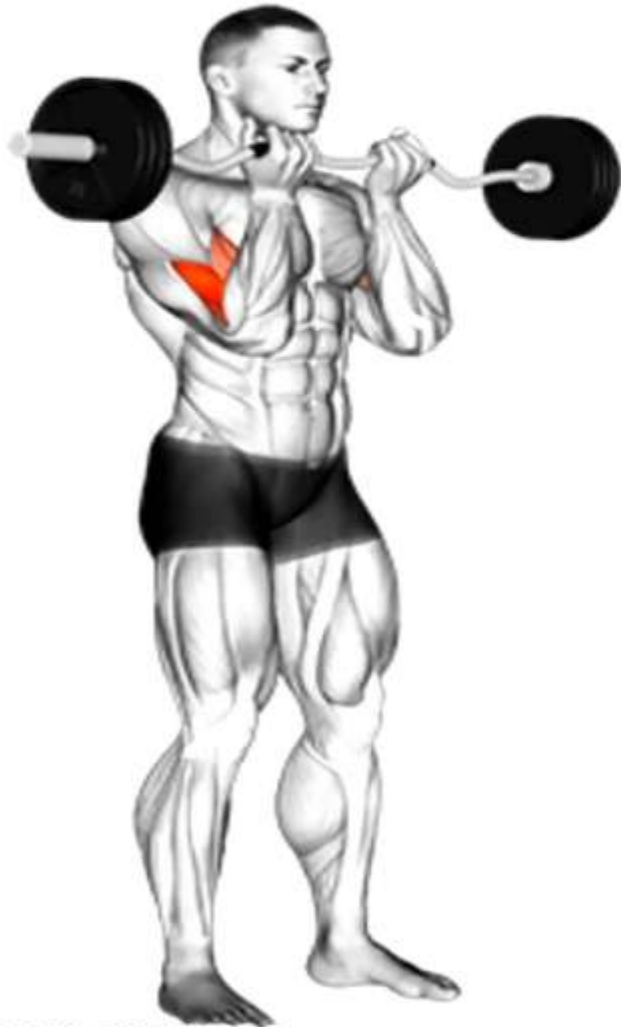




# 2. CLOSE-GRIP EZ BAR CURL

WEDNESDAY - BICEPS

3 SETS OF 8 TO 12 REPS



# 3. EZ-BAR PREACHER CURL

WEDNESDAY - BICEPS

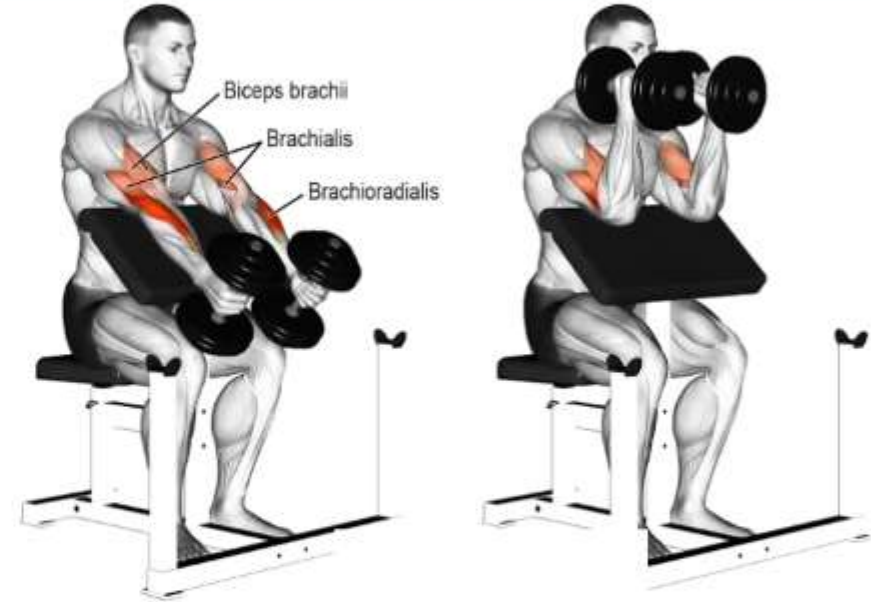
3 SETS OF 8 TO 12 REPS



# 4. DUMBBELL HAMMER PREACHER CURL

WEDNESDAY - BICEPS

3 SETS OF 8 TO 12 REPS

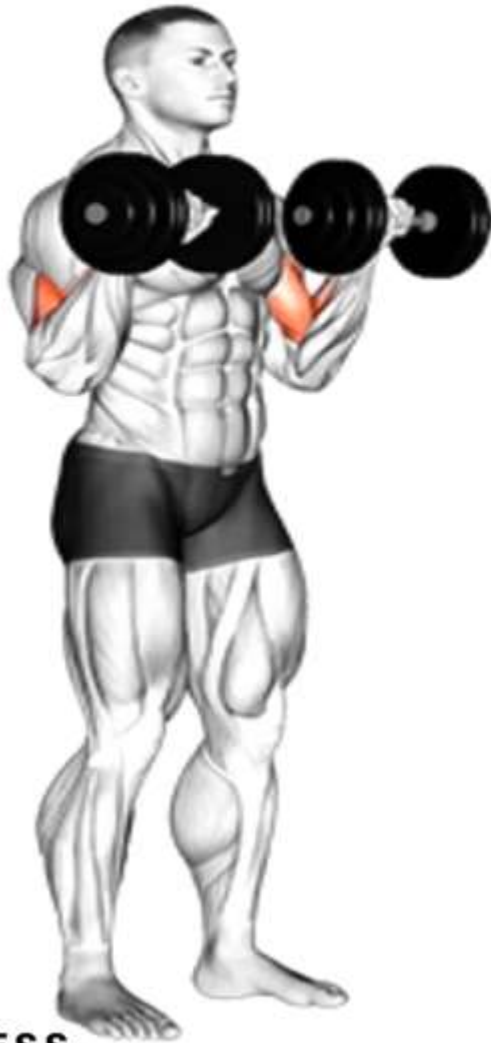




# 5. DUMBBELL REVERSE CURL

**WEDNESDAY - BICEPS**

**3 SETS OF 8 TO 12 REPS**



# 6. SEATED BARBELL WRIST CURL

WEDNESDAY - FOREARMS

2 SETS OF 8 TO 12 REPS



# 1. TRICEP BENCH DIPS

**THURSDAY - TRICEPS**

**3 SETS OF 8 TO 12 REPS**





# 2. DUMBBELL OVERHEAD EXTENSION

**THURSDAY - TRICEPS**

**3 SETS OF 8 TO 12 REPS**



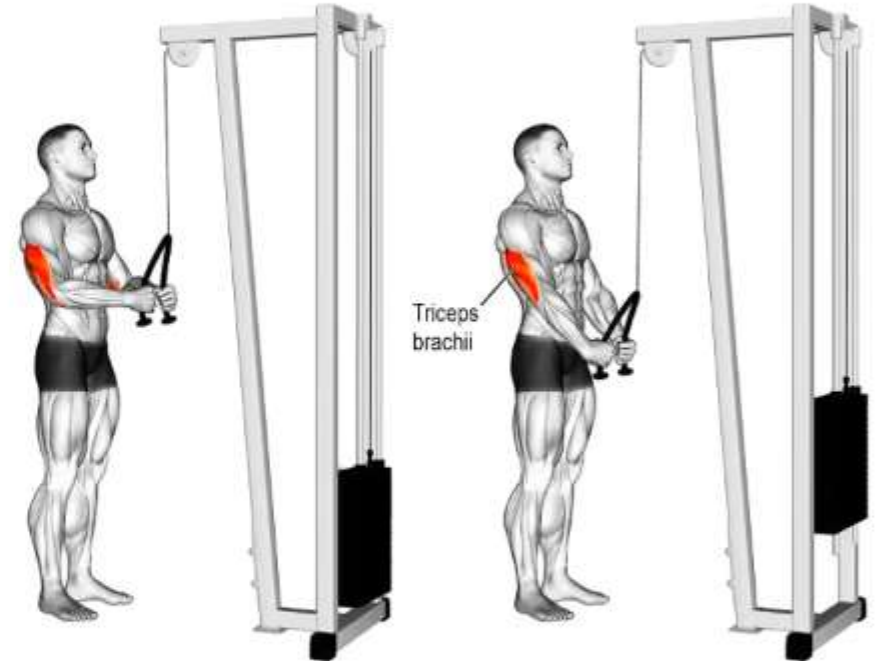
# 3. PULLEY PUSH DOWN

THURSDAY - TRICEPS

3 SETS OF 8 TO 12 REPS



BUDDY FITNESS



# 4. DUMBBELL KICK BACK

THURSDAY - TRICEPS

3 SETS OF 8 TO 12 REPS

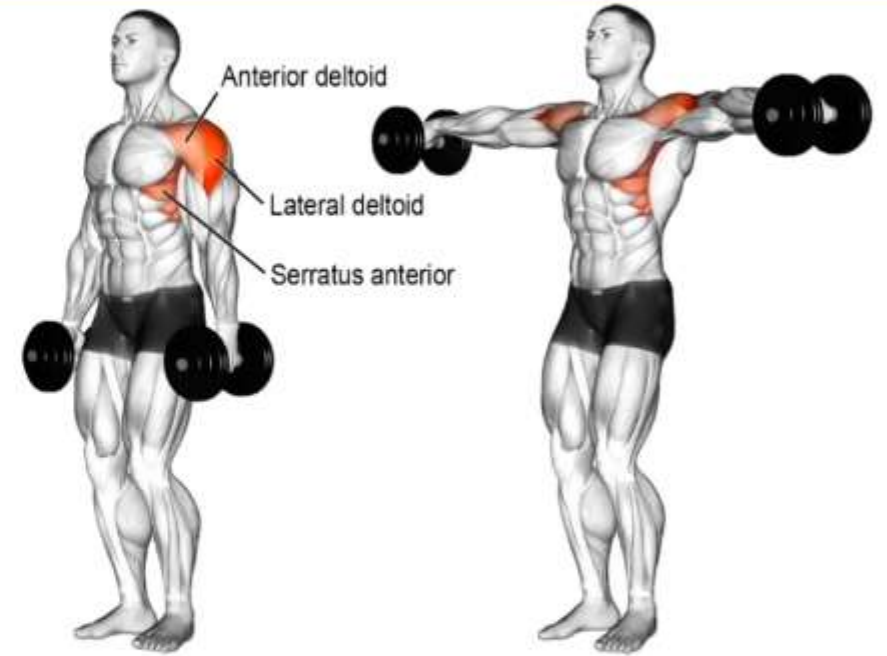




# 1. DUMBBELL SIDE RAISE

FRIDAY - SHOULDERS (DELTOID)

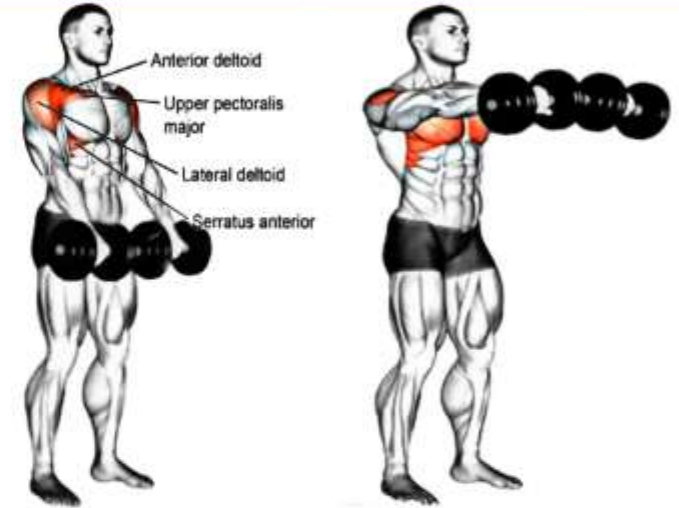
3 SETS OF 8 TO 12 REPS



# 2. DUMBBELL FRONT RAISE

FRIDAY - SHOULDERS (DELTOID)

3 SETS OF 8 TO 12 REPS



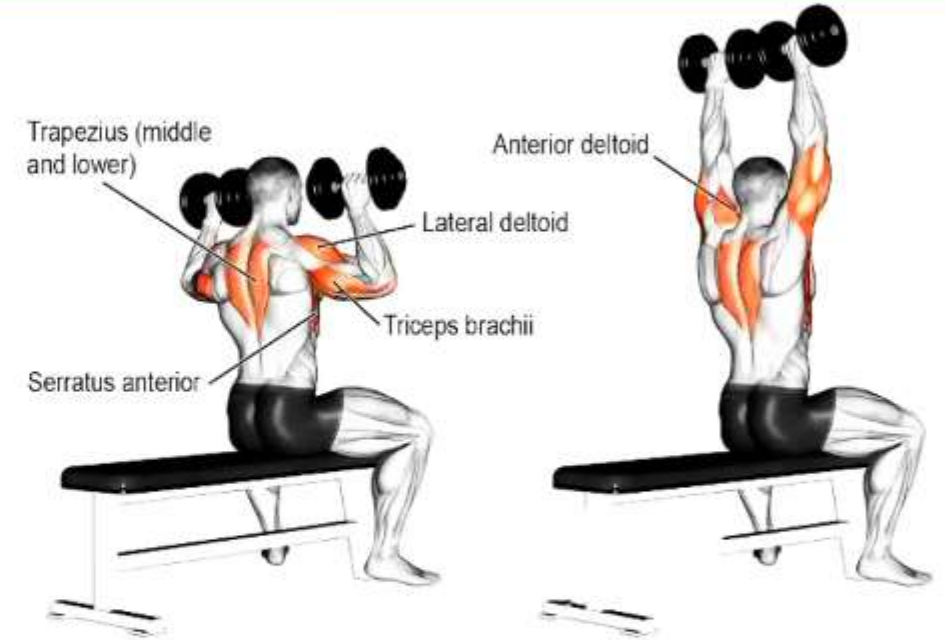
# 3. DUMBBELL SHOULDER PRESS (SEATED)

FRIDAY - SHOULDERS (DELTOID)

3 SETS OF 8 TO 12 REPS



BUDDY FITNESS

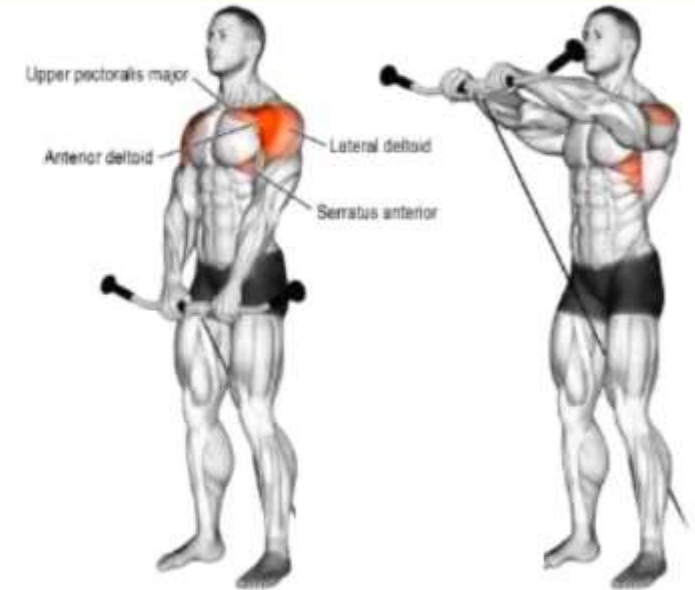




# 4. FRONT RAISE (CABLE)

**FRIDAY - SHOULDERS (DELTOID)**

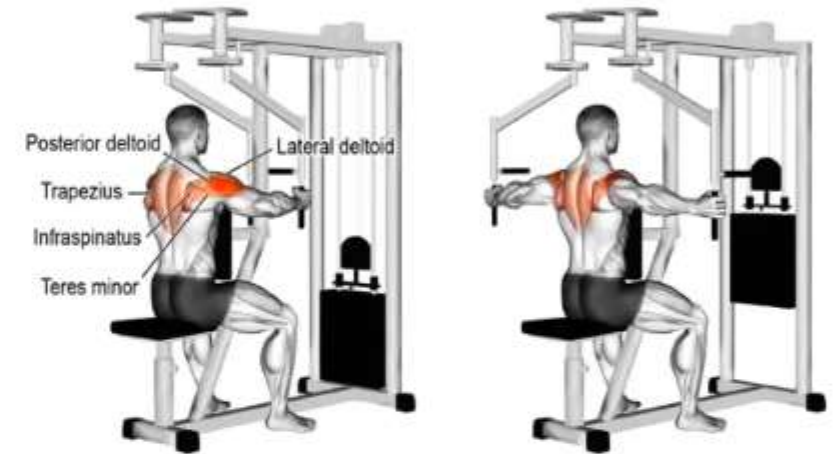
**3 SETS OF 8 TO 12 REPS**



# 5. REVERSE PEC DECK

**FRIDAY - SHOULDERS (DELTOID)**

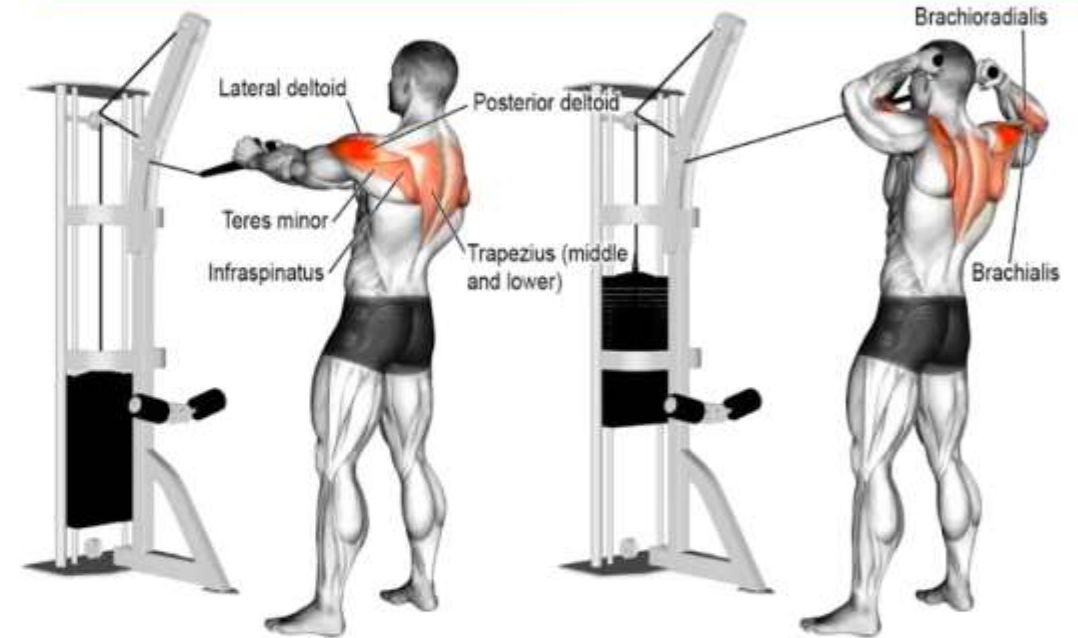
**3 SETS OF 8 TO 12 REPS**



# 6. FACE PULLS

**FRIDAY - SHOULDERS (DELTOID)**

**3 SETS OF 8 TO 12 REPS**

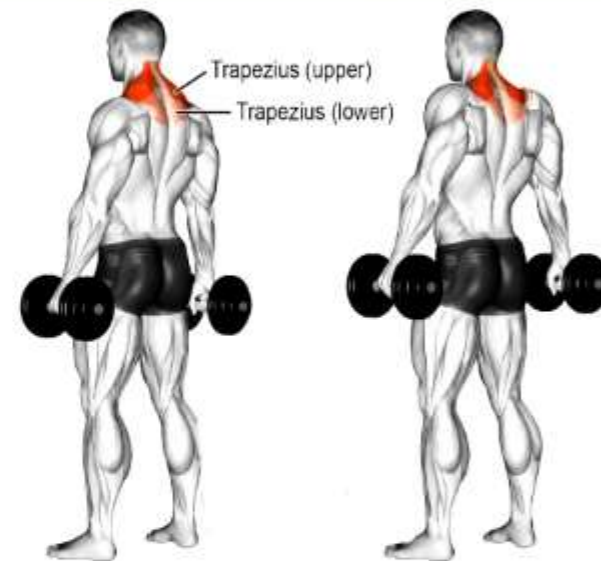




# 7. DUMBBELL SHRUGS

**FRIDAY - TRAPS**

**3 SETS OF 8 TO 12 REPS**



# SATURDAY

## WORKOUT FOR LEGS



# 1. BARBELL SQUAT (BACK)

**SATURDAY - LEGS**

**3 SETS OF 8 TO 12 REPS**

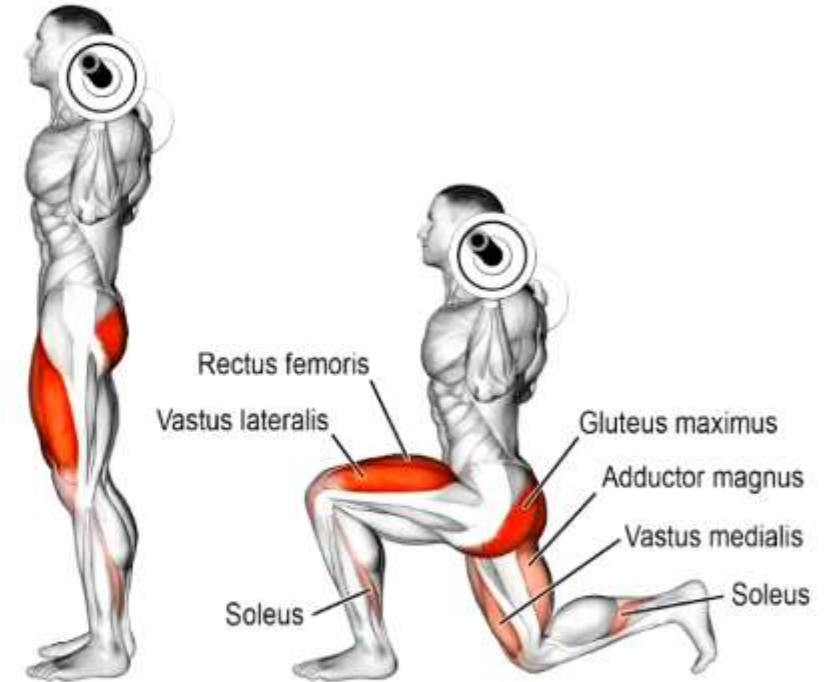




# 2. BARBELL LUNGES

**SATURDAY - LEGS**

**3 SETS OF 8 TO 12 REPS**



# 3. HIP THRUST

**SATURDAY - LEGS**

**3 SETS OF 8 TO 12 REPS**



# 4. LEG PRESS

**SATURDAY - LEGS**

**3 SETS OF 8 TO 12 REPS**

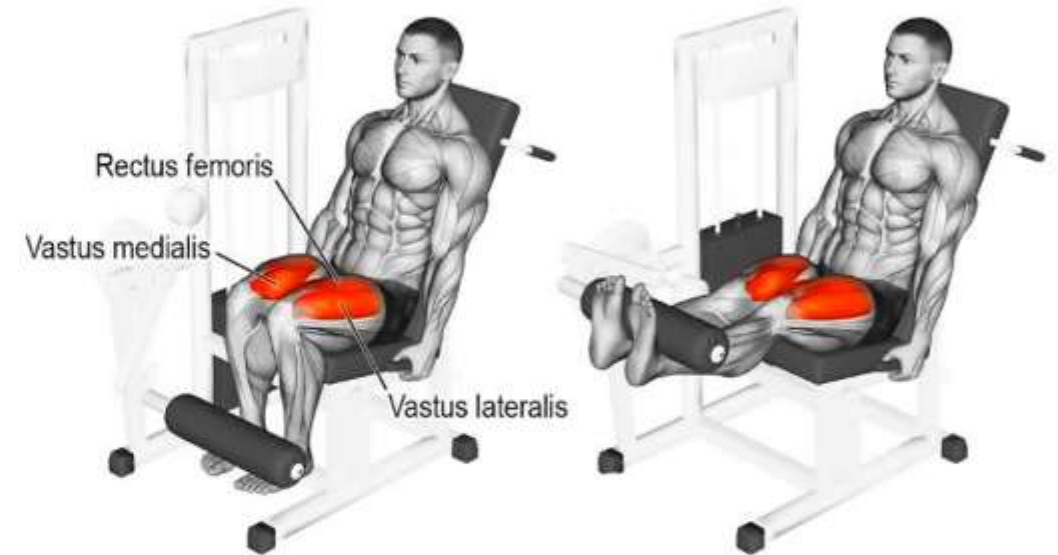




# 5. LEG EXTENSION

**SATURDAY - LEGS**

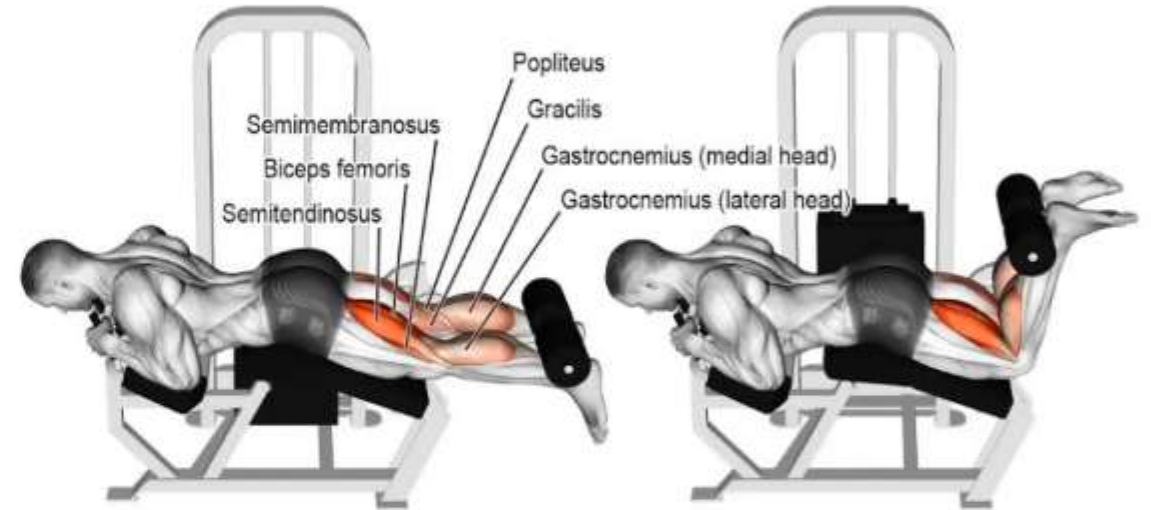
**3 SETS OF 8 TO 12 REPS**



# 6. LAYING LEG CURLS

**SATURDAY - LEGS**

**3 SETS OF 8 TO 12 REPS**



# 7. SEATED CALF RAISE

**SATURDAY - LEGS**

**3 SETS OF 8 TO 12 REPS**

