



The Sunnah Workout Plan

(FREE)



Day 1



FITNESS

Chest	Shoulders	Triceps
Incline Dumbbell Chest Press 3 sets 10 reps	Iso Leverage Shoulder Press 3 sets 10 reps	JM Press 3 sets 10 reps
Bench Seated Cable Press 3 sets 10 reps	Chest supported Lateral Raise 3 sets 10 reps	Double Rope Tricep Extensions 3 sets 10 reps
High-Low Chest Cable Fly 3 sets 10 reps		



FITNESS

Day 2



FITNESS

Back

Chest Supported T-Bar Row

**3 sets
10 reps**

Single Arm Lat Pulldown

**3 sets
10 reps**

Cable rear delt flies

**3 sets
10 reps**

Biceps

Preacher Curls

**3 sets
10 reps**

Incline Cable Curls

**3 sets
10 reps**



FITNESS

Day 3



FITNESS

Quads+Calves

Smith Machine Squats (Heel elevated)

3 sets

10 reps

Leg Extensions

3 sets

10 reps

Calf Raise Machine

3 sets

10 reps

Hams/Glutes

Barbell RDL

3 sets

10 reps

Seated Hamstring Curl

3 sets

10 reps

Barbell Hip thrusts

3 sets

10 reps



FITNESS