Workout Schedule

**Monday------- Chest and Triceps**

**Tuesday------- Back and Biceps**

**Wednesday-- Shoulder and Legs**

**Thursday----- Chest and Triceps**

**Friday--------- Back and Biceps**

**Saturday----- Shoulder and Legs**

***Monday & Thursday - Chest and Triceps***

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl. No** | **Exercise** | **Sets** | **Reps** |
| 1 | Pushups | 3 | 8-10 |
| 2 | Incline Machine Press | 3 | 8-10 |
| 3 | Flat Bench Press | 3 | 8-10 |
| 4 | Triceps Push Down | 3 | 8-10 |
| 5 | Overhead Triceps Press | 3 | 8-10 |

***Tuesday & Friday- Back and Biceps***

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl. No** | **Exercise** | **Sets** | **Reps** |
| 1 | Pullups | 3 | **5-10** |
| 2 | Lat Pull Down | 3 | 8-10 |
| 3 | Close Grip Sited Rowing | 3 | 8-10 |
| 4 | Barbell Curl | 3 | 8-10 |
| 5 | Dumbbell Curl | 3 | 8-10 |

***Wednesday & Saturday- Shoulder and Legs***

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl. No** | **Exercise** | **Sets** | **Reps** |
| 1 | Squats | 3 | 8-10 |
| 2 | Leg Press | 3 | 8-10 |
| 3 | Leg Extension / Lunges | 3 | 8-10 |
| 4 | Military Push Press | 3 | 8-10 |
| 5 | Shoulder Dumbbell Press | 3 | 8-10 |
| 6 | Front Raise | 3 | 8-10 |