

## 3 Days Workout Routine

Push (Chest, Shoulder, Tricep)				
Exercise	Sets	Reps	Rest Time	Muscle Targetted
Bench Press	5	5 – 8	2 mins – 3 mins	Overall Chest
Dumbbell Seated Shoulder Press	3 - 4	8 - 12	1 min 30 sec – 2 mins	Front Delts
Cable Tricep Extensions	3 - 4	8 - 12	1 min 30 sec – 2 mins	Tricep Long Head

Pull (Back & Biceps)				
Exercise	Sets	Reps	Rest Time	Muscle Targetted
Deadlifts	5	5 – 8	2 mins – 3 mins	Lower Back
Cable Rows	3 - 4	8 - 12	1 min 30 sec – 2 mins	Lats
Preacher Curls	3 - 4	8 - 12	1 min 30 sec – 2 mins	Bicep Short Head

Legs				
Exercise	Sets	Reps	Rest Time	Muscle Targetted
Barbell Back Squat	5	3 – 5 reps	2 mins – 3 mins	Quads
Romanian Deadlifts (RDL)	3 - 4	8 - 12	1 min 30 sec – 2 mins	Hamstring
Bulgarian Split Squats	3 - 4	8 - 12	1 min 30 sec – 2 mins	Glutes
Standing Calf Raises	3 - 4	8 - 12	1 min 30 sec – 2 mins	Calves

## Legs Workout A

( Quads, Hamstring, Calves)

Exercise	Sets	Reps	Rest Time	Muscle Targetted
Barbell Front Squat	5	3 – 5 reps	2 mins – 3 mins	Hamstrings
Hip Thrust	3 - 4	8 - 12	1 min 30 sec – 2 mins	Glutes
Seated Leg Extensions	3 - 4	8 - 12	1 min 30 sec – 2 mins	Quads
Single leg split squat	3 - 4	8 - 12	1 min 30 sec – 2 mins	Glutes
Standing Calf Raises	3 - 4	12 – 15	1 min 30 sec – 2 mins	Calves