

4 days Workout Routine

Back & Biceps				
Exercise	Sets	Reps	Rest Time	Muscle Targetted
Deadlift	5	5 – 8	2 mins – 3 mins	Lower Back
Cable Rows	3 - 4	8 - 12	1 min 30 sec – 2 mins	Upper Back
Lat Pulldown	3 - 4	8 - 12	1 min 30 sec – 2 mins	Lats
Chest Supported Dumbbell Row	3 - 4	8 - 12	1 min 30 sec – 2 mins	Rear Delts
Preacher Curl	3 - 4	8 - 12	1 min 30 sec – 2 mins	Biceps Short Head
Incline Bicep Curl	3 - 4	8 - 12	1 min 30 sec – 2 mins	Bicep Long Head

Chest & Triceps				
Exercise	Sets	Reps	Rest Time	Muscle Targetted
Bench Press	5	3 – 5 reps	2 mins – 3 mins	Overall Chest
Incline Dumbbell Bench Press	3 - 4	8 - 12	1 min 30 sec – 2 mins	Upper Chest
Chest Dip	3 - 4	8 - 12	1 min 30 sec – 2 mins	Overall Chest
Cable Crossover (High to Low)	3 - 4	8 - 12	1 min 30 sec – 2 mins	Lower Chest
Cable Tricep Extension	3 - 4	12 – 15	1 min 30 sec – 2 mins	Triceps Long Head
Tricep Pulldowns	3 - 4	12 – 15	1 min 30 sec – 2 mins	Triceps Lateral Head

Quads, Hamstring and Calves				
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
Leg Extensions	3 - 4	8 - 12	1 min 30 sec – 2 mins	Quads
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

Shoulders, Traps and Forearms				
Exercise	Sets	Reps	Rest Time	Muscle Targetted
Barbell Overhead Press (OHP)	5	5 – 8	2 mins – 3 mins	Front Delts
Dumbbell Lateral Raise	3 - 4	8 - 12	1 min 30 sec – 2 mins	Middle Delts
Barbell Shrugs	3 - 4	8 - 12	1 min 30 sec – 2 mins	Traps
Seated Dumbbell Wrist Curl	3 - 4	8 - 12	1 min 30 sec – 2 mins	Forearms

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