

Custom Gym Timetable (Bulking - Intermediate)

Monday: Chest + Biceps

Tuesday: Back (Lats) + Triceps

Wednesday: Legs + Abs

Thursday: Shoulders + Biceps

Friday: Chest + Triceps

Saturday: Legs (Focus: Quads/Hamstrings) + Abs

Notes:

- Each session: 4-5 exercises, 3-4 sets, 8-12 reps.
- Progressive overload: Increase weights gradually.
- Focus on compound lifts as foundation.
- Maintain calorie surplus for bulking.