

A full-page background image of a muscular man in a gym. He is shirtless, showing his chest and abdominal muscles, and is holding a black weight plate in his right hand. He is looking off to the side. The gym background is dark with some equipment visible.

# **KASRAT**

**WORKOUT  
PLAN FOR  
UNDERWEIGHT**

**START TODAY!**

DAYS	WORKOUT SPLIT
MONDAY	CHEST + ABS
TUESDAY	ARMS + CARDIO
WEDNESDAY	BACK
THURSDAY	SHOULDER
FRIDAY	LEGS + ABS
SATURDAT	OFF
SUNDAY	OFF

### MONDAY – CHEST + ABS

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1.PUSHUPS	2	20-25	-----
REGULAR SET	2. DUMBBELL INCLINE PRESS	5	12 10 8 6 6	2-3MINUTES
REGULAR SET	3. BARBELL BENCH PRESS	4	12 10 10 10	2-3MINUTES
GIANT SET	5. CABLE FLY (HIGH + MID + LOW ANGLE)	3	5+5+5 5+5+5 5+5+5	1-2MINUTES
<b>ABS</b>				
REGULAR SET	1.REVERSE CRUNCHES	3	15-20	45SEC
REGULAR SET	2.ROPE CRUNCHES	3	15-20	45SEC

## TUESDAY – ARMS + CARDIO

STRENGTH	EXERCISE	SETS	REPS	REST
REGULAR SET	1.BARBELL CURL	4	10 6 8 5	1-2MINUTES
REGULAR SET	2.DB INCLINE CURL	4	12 12 10 10	1-2MINUTES
REGULAR SET	3.PREACHER CURL	3	10 8 6	1-2MINUTES
REGULAR SET	4.EZ BAR SKULL CRUSHER	4	10 8 6 5	1-2MINUTES
REGULAR SET	5.DB OVERHEAD EXTENSION	3	8 6 6	1-2MINUTES
<b>CARDIO</b>				
TREADMILL	20MINS WALK + 10MINS JOGGING	30MINS	-----	-----

## WEDNESDAY - BACK

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1.PULL UPS	2	MAX	-----
REGULAR SET	2.WIDE GRIP LATS PULL DOWN	5	12 12 10 10 8	2-3MINUTES
REGULAR SET	3. HAMMER ROWS	4	10 8 8 6	2-3MINUTES
REGULAR SET	4. BARBELL ROWS	4	10 8 6 5	3-4MINUTES

REGULAR SET	5.RACK PULL	3	8 6 6	3-4MINUTES
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#### THURSDAY – SHOULDER

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1.DB PRESS	2	20 20	1MINUTE
REGULAR SET	2.BARBELL SHOULDER PRESS	5	12 10 8 6 5	2-3MINUTES
DROP SET	3. DB LATERAL RAISE (HEAVY + MEDIUM + LIGHT)	4	6+6+6 6+6+6 6+6+6	1-2MINUTES
REGULAR SET	4. BARBELL FRONT RAISE	3	10 10 10	2-3MINUTES

#### FRIDAY – LEGS + ABS

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1.BODYWEIGHT SQUAT	2	20 20	-----
REGULAR SET	2. BARBELL FRONT SQUAT	5	12 10 8 6 5	3-4MINUTES
REGULAR SET	3. LEG PRESS	4	10 10 10 10	3-4MINUTES
REGULAR SET	4. STIFF LEG DEADLIFT	3	10 8 6	2-3MINUTES
REGULAR SET	5. STANDING CALF RAISE	5	15 15 12 12 12	1-2MINUTES

ABS				
REGULAR SET	1.REVERSE CRUNCHES	3	15-20	45SEC
REGULAR SET	2.ROPE CRUNCHES	3	15-20	45SEC