

FITNESS CENTRIC WEB APP



KASRAT

**WORKOUT
PLAN FOR
OVERWEIGHT**

DAYS	WORKOUT SPLIT
MONDAY	CHEST & TRICEP + ABS
TUESDAY	SHOULDER + TRAPS
WEDNESDAY	BACK & BICEP (LOW VOLUME) + CARDIO
THURSDAY	LEGS + ABS
FRIDAY	CHEST & TRICEP
SATURDAT	OFF
SUNDAY	BACK & BICEP + CARDIO

SUNDAY – BACK & BICEP + CARDIO

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1. PULL-UPS	2	UNTIL FAILURE	-----
SUPERSET	1A. WIDE GRIP LATS PULL DOWN 1B. INVERTED ROWS	3 3	8-10 25-30	2-3MINUTES
REGULAR SET	2A. WIDE GRIP CABLE ROWS	4	12-15	2-3MINUTES
SUPERSET	3. RACK PULL 3B. SEATED CABLE ROWS	3 3	8-10 8-10	2-3MINUTES
SUPERSET	4A. EZ BAR CURL 4B. REVERSE GRIP CURLS	3 3	12-15 10-12	2-3MINUTES
REGULAR SET	5. HAMMER CURL	4	12-15	2-3MINUTES
CARDIO				
REGULAR SET	TREADMILL (BRISK WALK WITH INCLINATION OF YOUR CHOICE)	20MINUTES	-----	-----
REGULAR SET	STATIONARY CYCLING	10MINUTES	-----	-----

MONDAY – CHEST & TRICEP + ABS

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1.LIGHT WEIGHT DB PRESS + SEATED DIPS	2 2	20-25 20-25	-----
SUPERSET	2A. BARBELL BENCH PRESS 2B STANDING ARM FLY	3 3	8-12 25-30	2-3MINUTES
SUPERSET	3A. DB INCLINE PRESS 3B. INCLINE ARM FLY	3 3	8-12 25-30	2-3MINUTES
SUPERSET	4A. CABLE CROSSOVER 4B. SEATED CABLE FLY	4 4	8-12 8-12	2-3MINUTES
SUPERSET	5A. SKULL CRUSHER 5B. CLOSE GRIP PUSHUPS OR SEATED DIPS	4 4	12-15 12-15	2-3MINUTES
ABS				
REGULAR SET	ROPE CRUNCHES	3	15-20	45SEC
REGULAR SET	WOOD CHOPPER	3	15-20	45SECS
REGULAR SET	LAYING LEG RAISE	3	15-20	45SECS

TUESDAY - SHOULDER & TRAPS

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1. EMPTY BARBELL SHOULDER PRESS + DUMBBELL LATERAL RAISE	2 2	20-25 15-20	-----
SUPERSET	2A. DUMBBELL PRESS (SINGLE HAND)	3 3	8-12 8-12	2-3MINUTES

	2B DUMBBELL PRESS (DOUBLE HAND)			
SUPERSET	3A. DB SINGLE HAND LATERAL RAISE 3B. DB ARM CIRCLE	5 5	12-15 25-30	2-3MINUTES
SUPERSET	4A. FACE PULL 4B. SEATED REAR DELT FLY	4 4	12-15 12-15	2-3MINUTES
SUPERSET	5A. BARBELL SHRUGS 5B. ROPE SHRUGS	4 4	12-15 25-30	2-3MINUTES

WEDNESDAY – BACK & BICEP (LOW VOLUME) + CARDIO

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1. PULL-UPS	2	UNTIL FAILURE	-----
SUPERSET	1A. WIDE GRIP LATS PULL DOWN 1B. INVERTED ROWS	3 3	8-10 25-30	2-3MINUTES
SUPERSET	3. RACK PULL 3B. SEATED CABLE ROWS	3 3	8-10 8-10	2-3MINUTES
SUPERSET	4A. EZ BAR CURL 4B. REVERSE GRIP CURLS	3 3	12-15 10-12	2-3MINUTES
CARDIO				
REGULAR SET	TREADMILL (BRISK WALK WITH INCLINATION OF YOUR CHOICE)	20MINUTES	-----	-----
REGULAR SET	STATIONARY CYCLING	10MINUTES	-----	-----

THURSDAY – LEGS (QUADS/HAMS/CALVES) + ABS

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1.BODYWEIGHT SQUAT + STRETCHES	3 3	20-25	-----
SUPERSET	2A. BARBELL SQUAT 2B JUMP SQUAT	3 3	8-10 8-10	2-3MINUTES
REGULAR SET	3A. LEG PRESS	4	8-10	2-3MINUTES
REGULAR SET	4A. SUMO DEADLIFT	3	8-10	2-3MINUTES
REGULAR ET	5A. CALF RAISE (SEATED OR STANDING)	4	12-15	2-3MINUTES
ABS				
REGULAR SET	ROPE CRUNCHES	3	15-20	45SEC
REGULAR SET	WOOD CHOPPER	3	15-20	45SECS
REGULAR SET	LAYING LEG RAISE	3	15-20	45SECS

FRIDAY – CHEST & TRICEP (LOW VOLUME)

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1.LIGHT WEIGHT DB PRESS + SEATED DIPS	2 2	20-25 20-25	-----
SUPERSET	2A. INCLINE BENCH PRESS 2B PEC DEC FLY	3 3	8-12 15-20	2-3MINUTES
REGULAR SET	3A. DB DECLINE BENCH PRESS	3	8-12	2-3MINUTES
SUPERSET	4A. SKULL CRUSHER 4B. CLOSE GRIP PUSHUPS OR SEATED DIPS	4 4	12-15 12-15	2-3MINUTES