

# NO MERCY - JUST VIOLENCE

HOME CALCULATORS WORKOUTS PLANS LOGIN

BE SOMEBODY

NOBODY THOUGHT YOU COULD BE !

GEAR UP

SOME PEOPLE WANT IT TO HAPPEN

SOME WISH IT TO HAPPEN

OTHERS MAKE IT HAPPEN.

WHO ARE YOU HERE ?



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## BMI CALCULATOR

Height in cm:

0

Weight in kgs:

0

Calculate BMI

BMI Result :



Age:

0

Gender:

Male

Activity Level:

Sedentary

Calculate Calories

Calories needed :



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HOME

CALCULATORS

WORKOUTS

PLANS

LOGIN

## CHEST



## TRICEPS



## BACK



## BICEPS



## SHOULDERS



## LEGS



## ABS



## CARDIO





# CHEST WORKOUTS



## Bench Press

**Equipment:** Barbell

**Focus:** Middle Chest

**Experience Level:** Intermediate



## Incline Dumbbell Press

**Equipment:** Dumbbells

**Focus:** Upper Chest

**Experience Level:** Intermediate



## Push-Ups

**Equipment:** Bodyweight

**Focus:** Middle Chest

**Experience Level:** Beginner



## Dips

**Equipment:** Parallel Bars

**Focus:** Lower Chest

**Experience Level:** Advanced



## Cable Fly

**Equipment:** Cable Machine

**Focus:** Middle Chest

**Experience Level:** Intermediate



## Decline Bench Press

**Equipment:** Barbell

**Focus:** Lower Chest

**Experience Level:** Advanced



## Pec Deck Machine

**Equipment:** Machine

**Focus:** Middle Chest

**Experience Level:** Beginner



## Dumbbell Fly

**Equipment:** Dumbbells

**Focus:** Middle Chest

**Experience Level:** Intermediate



## Chest Press Machine

**Equipment:** Machine

**Focus:** Middle Chest

**Experience Level:** Beginner



## Dumbbell Pullover

**Equipment:** Dumbbell

**Focus:** Upper Chest

**Experience Level:** Intermediate



## BICEPS WORKOUTS



### Barbell Curl

**Equipment:** Barbell

**Focus:** Biceps

**Experience Level:** Beginner



### Dumbbell Curl

**Equipment:** Dumbbells

**Focus:** Biceps

**Experience Level:** Beginner



### Hammer Curl

**Equipment:** Dumbbells

**Focus:** Biceps & Forearms

**Experience Level:** Beginner



### Preacher Curl

**Equipment:** EZ Bar

**Focus:** Biceps

**Experience Level:** Intermediate



### Concentration Curl

**Equipment:** Dumbbell

**Focus:** Biceps

**Experience Level:** Intermediate



### Cable Biceps Curl

**Equipment:** Cable Machine

**Focus:** Biceps

**Experience Level:** Intermediate



### Incline Dumbbell Curl

**Equipment:** Dumbbells

**Focus:** Biceps

**Experience Level:** Intermediate



### Spider Curl

**Equipment:** Dumbbells

**Focus:** Biceps & Forearms

**Experience Level:** Advanced



### Drag Curl

**Equipment:** Barbell or Dumbbells

**Focus:** Biceps

**Experience Level:** Advanced



### Zottman Curl

**Equipment:** EZ Bar

**Focus:** Biceps & Forearms

**Experience Level:** Advanced



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BEGINNER PLAN



INTERMEDIATE PLAN



PRO PLAN



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## Intermediate Workout Plan

### Chest

**Bench Press:** 4x8-10

**Incline Dumbbell Press:**  
4x8-12

**Decline Machine Press:**  
3x8-12

**Dumbbell Flys:** 3x10-12

**Cable Crossovers:** 3x12-15

### Back

**Pull-Ups:** 4x6-10

**Deadlifts:** 4x6-8

**Barbell Rows:** 3x8-10

**Face Pulls:** 3x12-15

**Single-Arm Dumbbell Row:** 3x8-12

### Shoulders

**Standing Overhead Press:** 4x8-10

**Arnold Press:** 3x10-12

**Upright Rows:** 3x8-12

**Rear Delt Flys:** 3x10-12

**Front Plate Raises:**  
3x10-12

### Arms

**Barbell Curls:** 4x8-10

**Skull Crushers:** 3x8-12

**Concentration Curls:**  
3x10-12

**Tricep Rope Pushdowns:** 3x10-12

**Close-Grip Bench Press:**  
3x8-12

### Legs

**Barbell Squats:** 4x6-10

**Leg Press:** 4x8-12

**Romanian Deadlifts:**  
3x8-12

**Bulgarian Split Squats:**  
3x8-12

**Standing Calf Raises:**  
3x12-15

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HOME

CALCULATORS

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LOGIN

## LOGIN

Email address

Enter email

Password

Password

Login