

MONDAY – CHEST			
Numbers	Exercises	Sets	Reps/set
1	Barbell Inclined Press	5	5
2	Dumbbell Flat Bench Press	5	5
3	Decline Dips	5	5
4	Cable Fly's	5	5

NOTE: Rest 1-2mins after every set

TUESDAY – LATS/MID-BACK/LOWER BACK			
Numbers	Exercises	Sets	Reps/set
1	V---Grip Lat Pull---down	5	5
2	Close Grip Machine Rows	5	5
3	Wide Grip V---Bar Lat Pull---down	5	5
4	Hyper Extension	5	5

NOTE: Rest 1-2mins after every set

Designed & Created by Guru Mann, Advanced Fitness Trainer
& Sports Nutritionist **CERTIFIED**

California, United States

WEDNESDAY – BICEPS/TRICEPS/ABS			
Numbers	Exercises	Sets	Reps/set
1	Barbell Preacher Curl	5	5
2	Dumbbell Hammer Curl	5	5
3	Triceps Skull Crusher	5	5
4	Dumbbell Overhead Extension	5	5
5	Dumbbell Kick Back	5	5
6	Weighted Inclined Crunches	2	15---20

7	Laying Reverse Crunches	2	15---20
8	Hanging Knee Raise	2	10---20

NOTE: Rest 1-2mins after every set

FRIDAY - SHOULDERS/TRAPS			
Numbers	Exercises	Sets	Reps/set
1	Barbell Press Behind The Neck	5	5
2	Dumbbell Shoulder Press	5	5
3	Dumbbell Side Raise	5	5
4	Dumbbell Front Raise	5	5
5	Barbell Shrugs	5	5

NOTE: Rest 1-2mins after every set

SATURDAY - LEGS			
Numbers	Exercises	Sets	Reps/set
1	Leg Presses	5	5
2	Dumbbell Walking Lunges	5	5
3	Leg Extension	5	5
4	Calf Raise on Leg Press	5	5

NOTE: Rest 1-2mins after every set