

Day	Workout	Sets	Rest
Monday(PUSH-1)	Incline Dumbell Chest Press	4 Sets(12,10,8,8)Reps	1 Minute
	Flat Machine Chest Press	4 Sets(12,10,8,8)Reps	45 Seconds
	Overhead Cable Triceps Extension	3 Sets(15,15,15)Reps	30 Seconds
	Cables Triceps PushDown	4 Sets(15,12,10,10)Reps	45 Seconds
	Arnold Shoulder Press	3 Sets(12,10,8)Reps	45 Seconds
	Lateral Raises	5 Sets(20,15,15,15,15)Reps	30 Seconds
Tuesday(PULL-1)	Neutral Grip Lat Pulldowns	4 Sets(15,12,10,8)Reps	45 Seconds
	Close Grip Lat Pulldowns	3 Sets(15,15,15)Reps	45 Seconds
	Machine/Cable Rowing	4 Sets(15,15,15)Reps	45 Seconds
	Cable Lat Pullovers	3 Sets(15,15,15)Reps	45 Seconds
	Rear Delt Flys	3 Sets(15,15,15)Reps	45 Seconds
	Seat Supported Biceps Curl	5 Sets(12,10,8,8,8)Reps	45 Seconds
Wednesday(LEGS-1)	Smith Squats	4 Sets(15,12,10,8)Reps	1 Minute
	Leg Press	4 Sets(15,12,10,8)Reps	45 Seconds
	Stiff Leg Deadlift	4 Sets(15,15,15,15)Reps	30 Seconds
	Lying/Seated Curls	4 Sets(15,15,15,15)Reps	30 Seconds
	Calve Raise	4 Sets(25,25,25,25)Reps	45 Seconds
Thrusday(PUSH-2)	Dumbell Shoulder Press	4 Set(15,12,10,8)	45 Seconds
	Flat Bench/Dumbell Press	4 Sets(12,10,8,8)Reps	1 Minute
	Incline Dumbell/Bench Press	4 Sets(12,10,8,8)Reps	30 Seconds
	Machine/Cable Flys	3 Sets(12,10,8,8)Reps	30 Seconds
	Skull Crushers	3 Sets(15,15,15)Reps	30 Seconds
	Cables Triceps PushDown	4 Sets(15,12,10,10)Reps	45 Seconds
	Lateral Raises	5 Sets(20,15,15,15,15)Reps	30 Seconds
Friday(PULL-2)	Deadlift	4 Sets(15,12,10,10)Reps	45 Seconds
	Lat Pulldowns	4 Sets(12,10,8,8)Reps	45 Seconds
	Seated Rowing Machine	4 Sets(12,10,8,8)Reps	45 Seconds
	Single Hand Cable Rowing	3 Sets(15,15,15)Reps	30 Seconds
	Seated Biceps Curl	4 Sets(15,15,15,15)Reps	30 Seconds
	Hammer Curls	3 Sets(12,12,12)Reps	30 Seconds
Saturday(LEGS-2)	Barbel Squats	4 Sets(12,10,8,8)Reps	1 Minute
	Leg Press	4 Sets(12,10,8,8)Reps	45 Seconds
	Leg Curls	4 Sets(15,15,15)Reps	30 Seconds
	Calve Raise	4 Sets(25,25,25,25)Reps	30 Seconds
	Shoulder Press	4 Sets(15,15,15,15)Reps	45 Seconds
	Shrugs	3 Sets(15,15,15)Reps	45 Seconds