



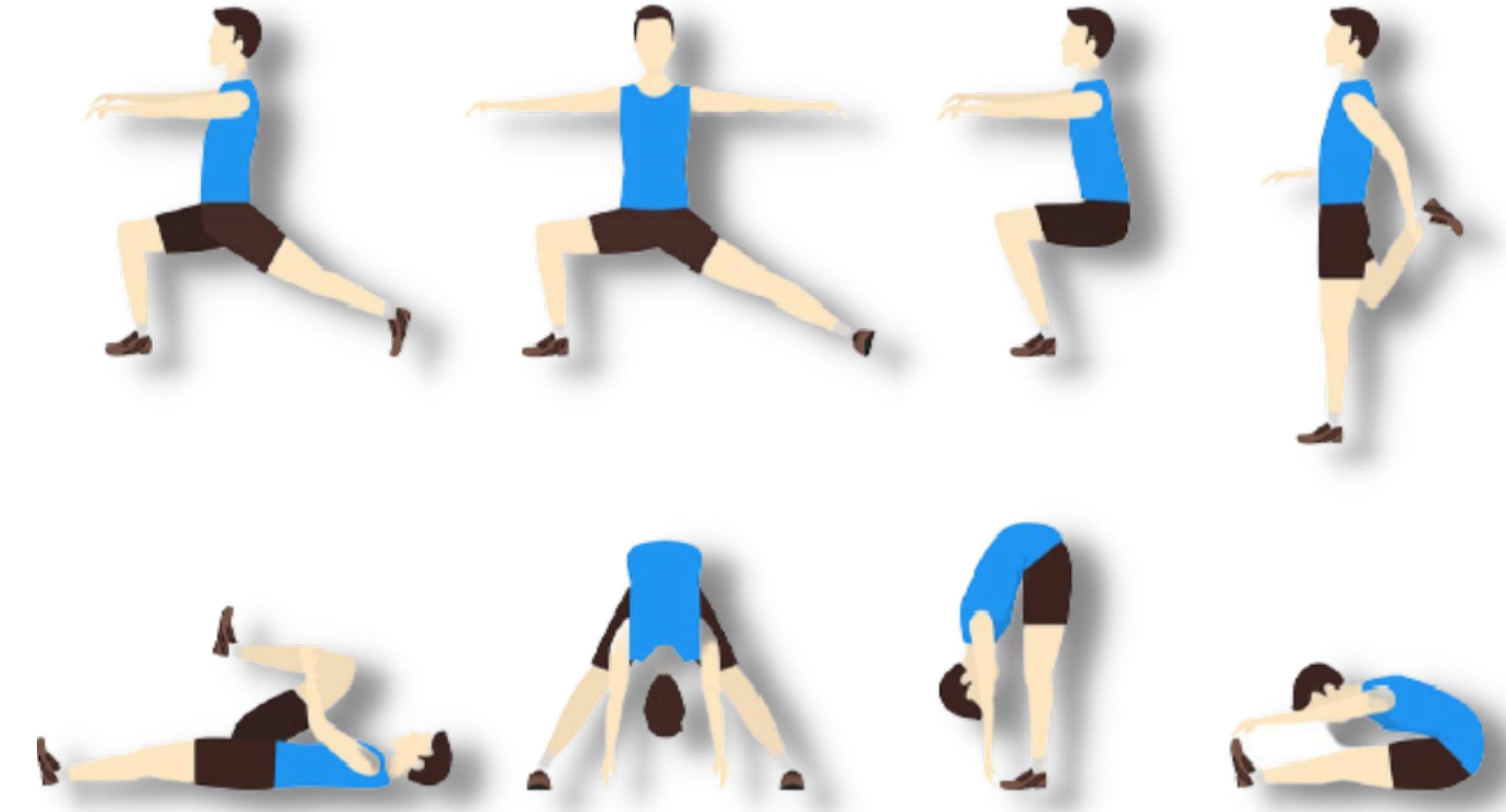
MAX WORKOUT



**DAY -1**

Upper Body Day

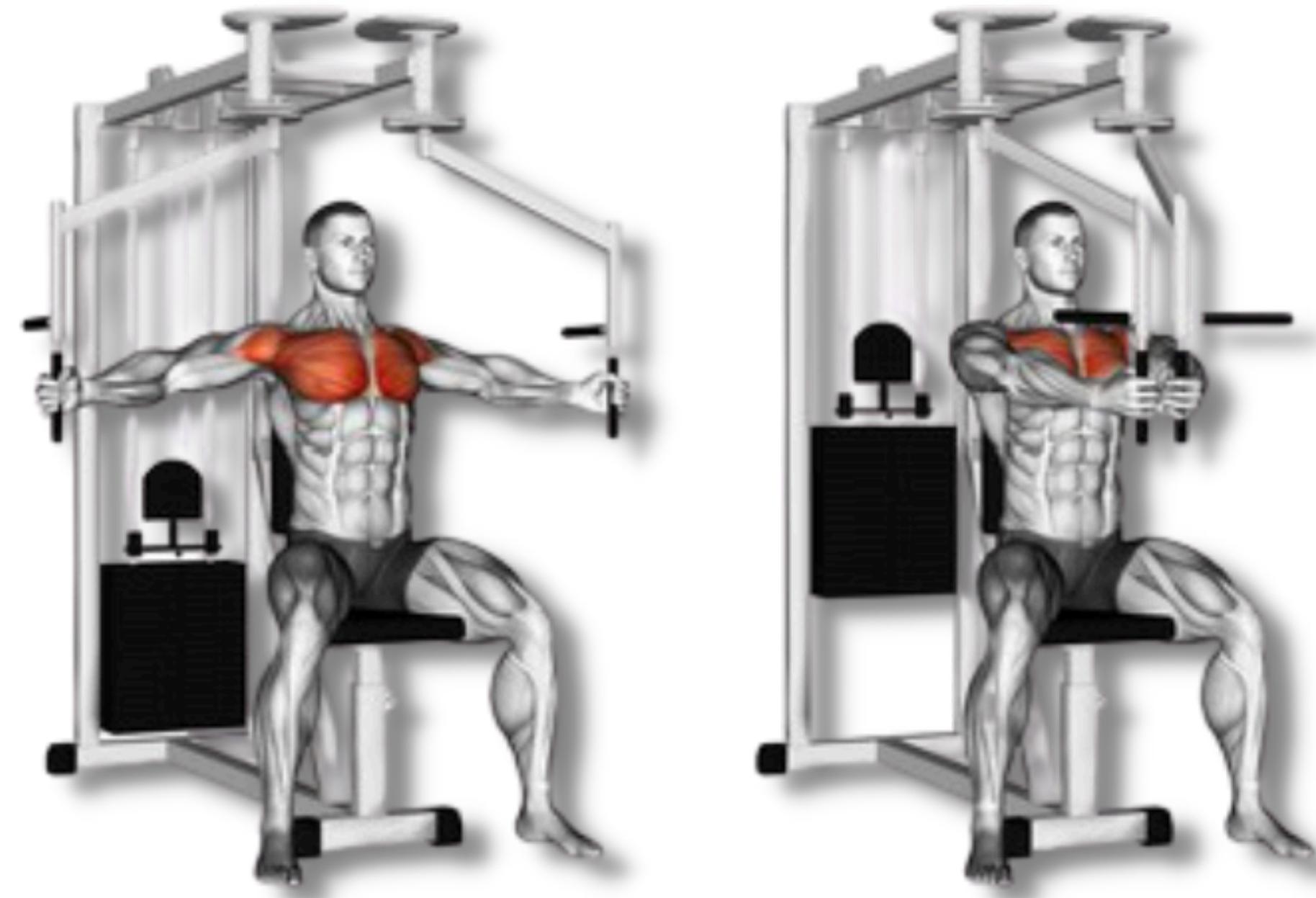
- **DYNAMIC STRETCHES**



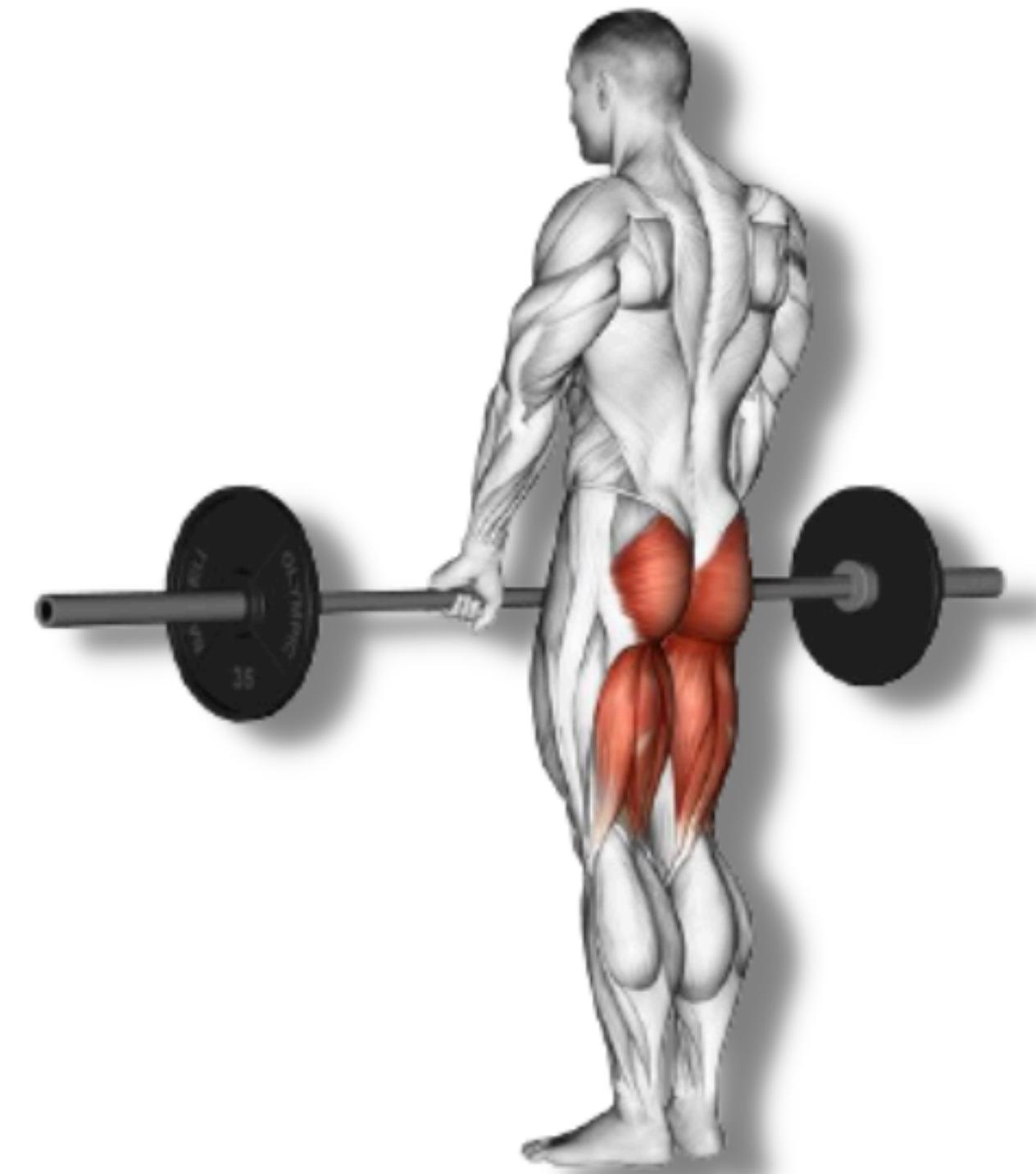
- **BENCH PRESS**  
**( 3\*15 )**



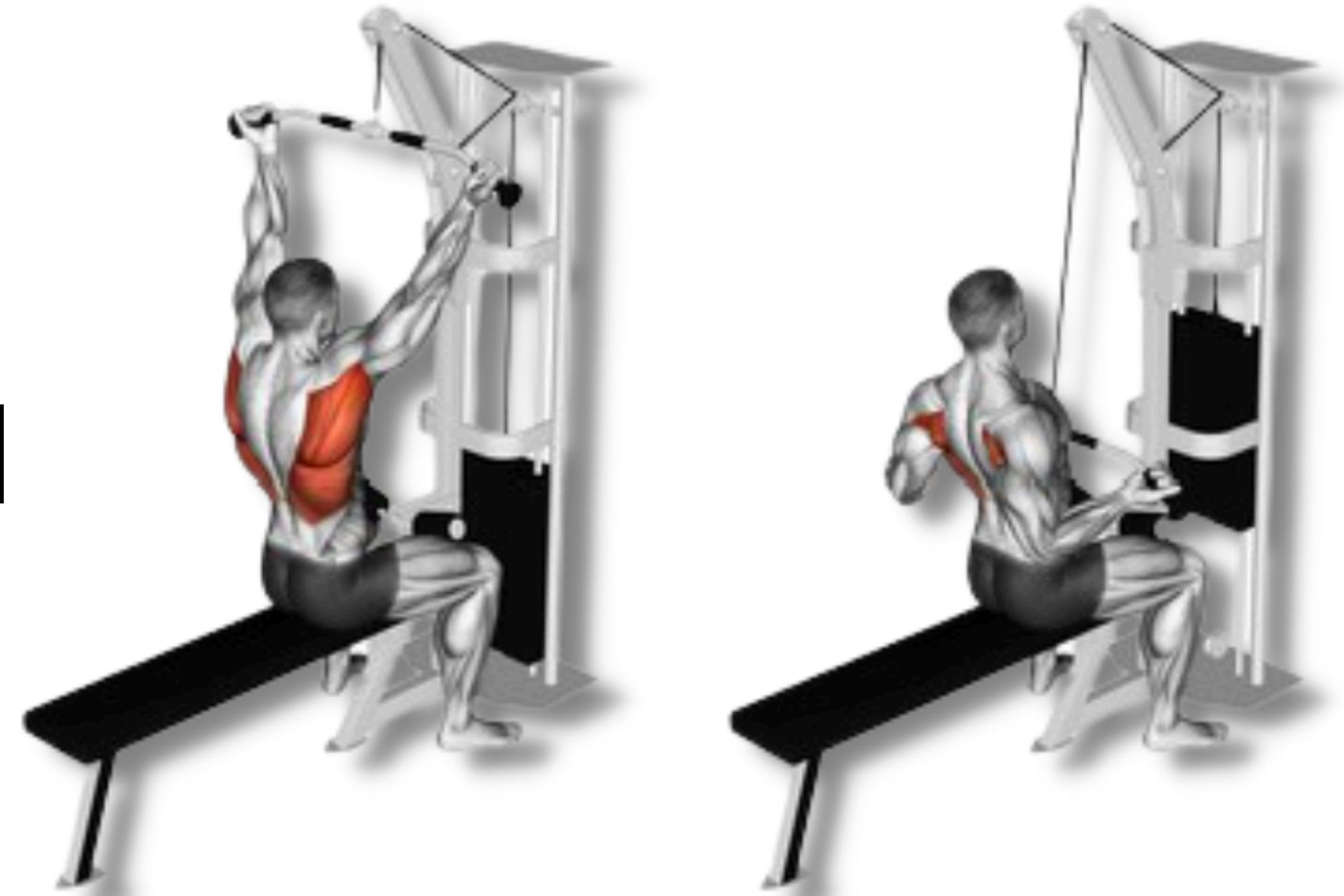
- **INNER PEC FLIES /  
BUTTERFLIES( 3\*15 )**



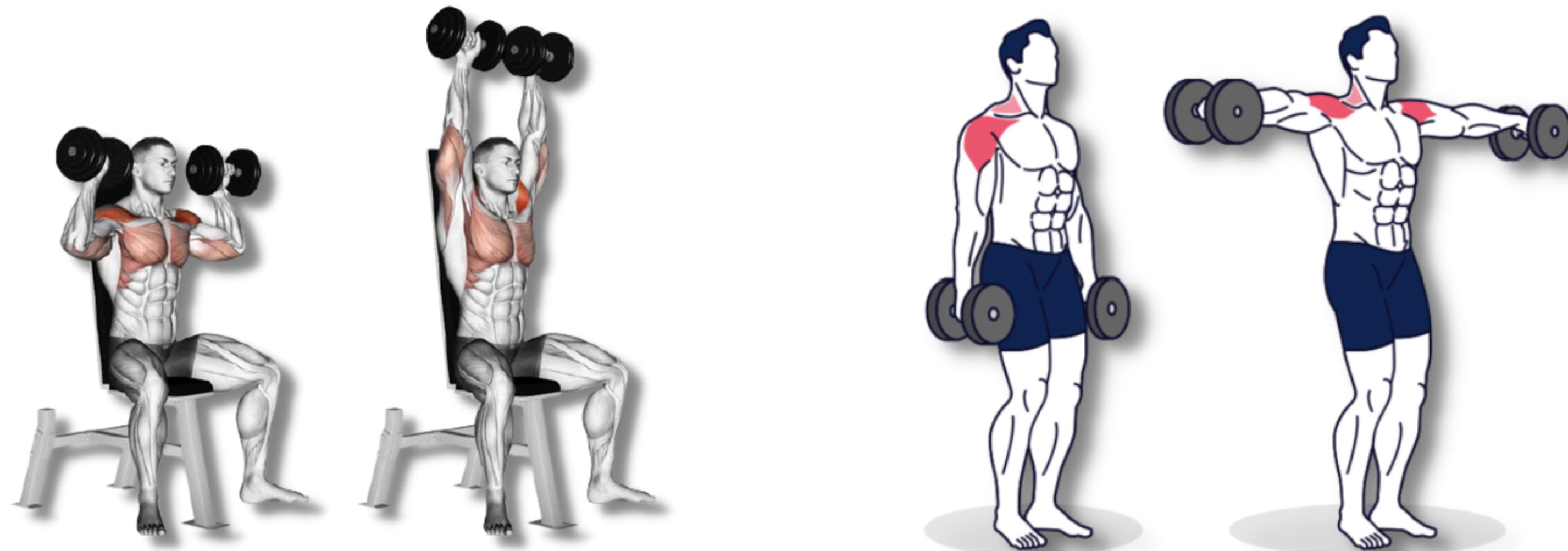
- **DEAD LIFT**  
**( 3\*15 )**



• **LAT  
PULLDOWN  
( 3\*15 )**



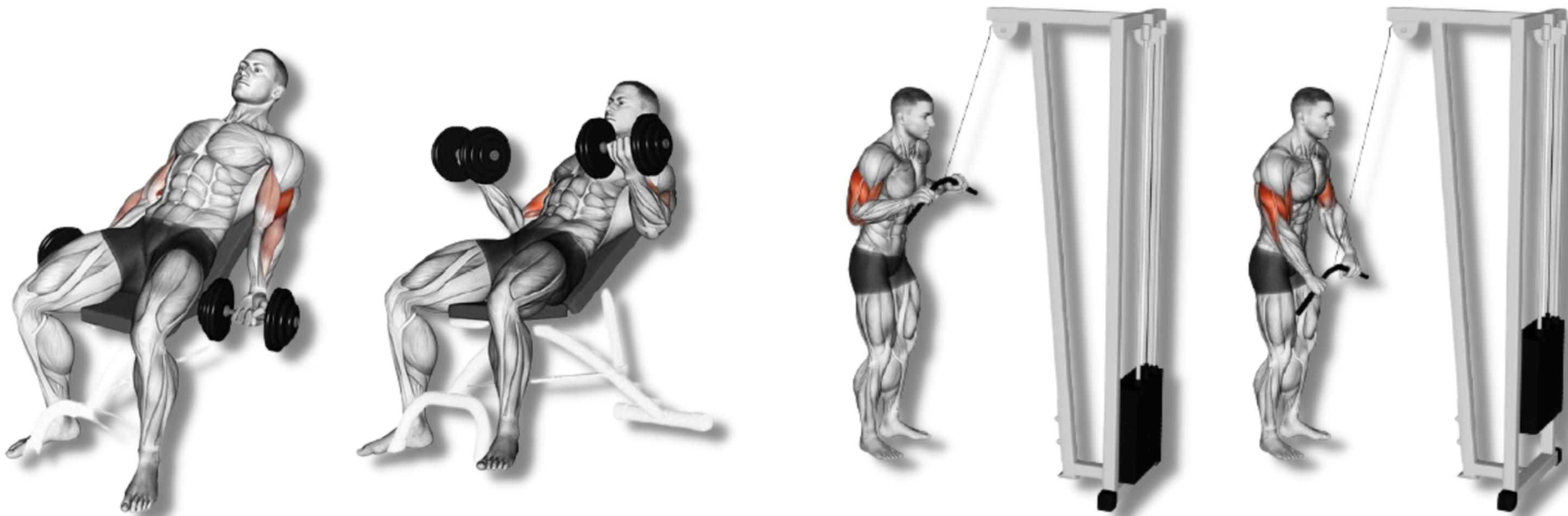
- **SHOULDER PRESS SUPERSET WITH SIDE RAISES  
( 3\*15 )**



- **REAR DELT RAISES SUPERSET WITH DUMBBELL FRONT RAISES ( 3\*15 )**



- **INCLINE BICEP CURLS SUPERSET WITH TRICEPS PUSHDOWN ( 3\*15 )**



- **HAMMER CURLS SUPERSET WITH OVERHEAD DUMBBELL TRICEPS EXTENSION  
( 3\*15 )**

