



# ABCD- The School of Fitness Training Plan

Suhas

Duration- 8 weeks

## Day 1: Upper Body

No	Exercise	Sets	Reps	Tempo	Rest
1	(warm up)* Incline Barbell Bench Press	3	8-10	2.1.1	2min
2	(warm up)* Barbell curls	3	6-8	1.1.1	2min
3	Closegrip Bench Press	3	6-8	1.1.1	2min
4	Cable Biceps Curls	3	10-12	1.1.2	1-2min
5	Skull Crushers	3	10-12	2.1.1	1-2min
6	Bayesian Bicep curls	3	10-12	1.1.2	1-2min
7	Cable Tricep Extension	3	10-12	2.1.1	1-2min

## Day 2: Shoulders & Abs

No	Exercise	Sets	Reps	Tempo	Rest
1	(warm up)* Barbell Overhead Press	3	4-6	1.1.1	3-5min
2	Cable Upright Rows	3	8-10	1.1.2	1-2min
3	Bentover Rear raises	3	8-10	1.1.2	1-2min
4	Arnold Press	3	10-12	1.1.2	1-2min
5	Ab Circuits	3			2-3min
	i. Cable Crunches		10 to 15	1.1.2	
	ii. Leg Raises		Failure	1.1.2	
	ii. Air Bike		Failure	As slow as possible	

## Day 3: Back & Calves

No	Exercise	Sets	Reps	Tempo	Rest
1	(warm up)* Barbell Deadlift	3	4-6	1.1.1	3-5min
2	BB Rows	3	8-10	1.1.2	1-2min
3	Chinups/Close Grip Lat Pulldown	3	6-8	1.1.2	2-3min
4	T-Bar Row- Wide Grip	3	8-10	1.1.2	1-2min
5	(warm up)* Seated Calf Raises	3	8-10	2.2.1	1-2min
6	Standing Calf Raises	3	8-10	2.2.1	1-2min

## Day 4: Chest & Abs

No	Exercise	Sets	Reps	Tempo	Rest
1	(warm up)* Incline Barbell Bench Press	3	4-6	1.1.1	3-5min
2	Barbell Bench Press	3	4-6	1.1.1	3-5min
3	Incline Dumbbell Bench Press	3	6-8	2.1.1	2-3min
4	Face Pulls	3	10-15	1.1.2	1-2min
5	Ab Circuits	3	Same as Day 2		

## Day 5: Legs

No	Exercise	Sets	Reps	Tempo	Rest
1	(warm up)* Barbell Squats	3	4-6	1.0.1	3-5min
2	Hack Squats	3	6-8	1.1.1	2-3min
3	Alternate Dumbbell Lunges	3	6-8	1.1.1	2-3min
4	Leg Press calf Push	3	10-15	2.2.1	1-2min
5	Seated Calf Raises	3	10-15	2.2.1	1-2min

## \*Warm-up Sets

Set 1	50% of working weight X 12reps	>Perform all four warmup sets for sets heavier than 6-8 reps
Set 2	50% of working weight X 10 fast reps	
Set3	70% of working weight X 4reps	> Perform 2 or 3 warm-up sets for sets lighter than 6-8 reps
Set4	90% of working weight X 1reps	