



ABCD- The School of Fitness Training Plan

Suhas

Duration-4weeks

Day 1: Arms

No	Exercise	Sets	Reps	Tempo	Rest
1	(warm up)* EZ- Bar curls	3	6-8	1.1.1	2min
3	(warm up)* Close Grip Bench Press	3	6-8	1.1.1	2min
4	Dumbbell Biceps Curls	3	10-12	2.1.1	1-2min
5	Seated Tricep Press	3	10-12	1.1.2	1-2min
6	Hammer Curls	3	10-12	1.1.2	1-2min
6	Tricep Pushdown	3	10-12	1.1.2	1-2min

Day 2: Shoulders & Abs

No	Exercise	Sets	Reps	Tempo	Rest
1	(warm up)* Barbell Overhead Press	3	6-8	1.1.1	2-3min
2	Side Raises	3	10-12	1.1.2	1-2min
3	Face Pulls	3	10-12	1.1.2	1-2min
4	Shrugs	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, Core & Calves

No	Exercise	Sets	Reps	Tempo	Rest
1	Planks	3	Hard		1min
2	(warm up)* Barbell Deadlift	3	6-8	1.1.2	2-3min
3	Pull Ups	3	6-8	1.1.2	2-3min
4	DB Rows	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)* Barbell Bench Press	3	6-8	1.1.1	2-3min
2	Incline Barbell Bench Press	3	6-8	2.1.1	2-3min
3	Dips	3	8-10	2.1.1	1-2min
4	Ab Circuits	3	Same as day 2		

Day 5: Legs

No	Exercise	Sets	Reps	Tempo	Rest
1	Planks	3	Hard		1min
2	(warm up)* Barbell Squats	3	6-8	1.0.1	2-3min
3	Leg Press	3	6-8	1.1.1	2-3min
4	Romanian Deadlift	3	8-10	1.1.1	1-2min
5	Leg Press calf push	3	10-12	2.2.1	1-2min
6	Seated Calf raises	3	10-15	2.2.1	1-2min

*Warm-up Sets

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