DAY : 1

CHEST:-

BENCH PRESS - 2.5 TO 10 KG

UPPER BENCH PRESS – 2.5 TO 7.5 KG

LOWER BENCH PRESS – 2.5 TO 12.5 KG

FLY - 10 TO 15KG

UPPER CABLE FLY - 10 TO 15KG

BENCH PRESS -2.5 TO 12.5 KG

INCLINE PRESS - 8 TO 12 KG

DUBBLE IN LOWER - 7.5 TO 12 KG

DUBBLE FLYES - 5 TO 7.5 KG

DUBBLE BACK PUSH DOWN – 5 TO 8 KG

DAY : 2

BICEPS:-

MENRODE - 2.5 TO 10KG

ROPE HEMERCURL - 20 TO 35 KG

PEAK RODE - 5 TO 10 KG

BENCH BICEPS - 5 TO 7.5 KG

STRIGHT RODE - 2.5 TO 7.5 KG

SINGLE HAND CURL - 6 TO 10 KG

HEMERCURL - 6 TO 10KG

BAR - 25 TO 40 KG

SEAT SIDE CRUL - 5 TO 7.5 KG

DAY : 3

LAT:-

FRONT PULLDOWN - 30 TO 40KG

Y PULLDOWN - 10 TO 17.5KG

BAR PUSSDOWN - 7.5 TO 10KG

ROPE PULLDOWN - 10 TO 20KG

SINGLE HAND PULL - 7.5 TO 10 KG

FRONT PULLDOWN - 30 TO 40KG

BACK PULLDOWN - 30 TO 40KG

CLOSE GRIP PULLDOWN - 30 TO 40 KG

LAT PULLDOWN - 25 TO 40 KG

SINGLE HAND PULL - 17.5 TO 22.5 KG

DAY : 4

SHOULDER:-

BAR - 2.5 TO 7.5 KG

BENRODE or rope - 2.5 TO 7.5 KG or 25 to 40 kg

ROPE - 25 TO 35 KG

ARNOLD PRESS - 6 TO 10KG

TRAPS - 10 TO 15 KG

BAR - 2.5 TO 7.5KG

BAR BACK - 2.5 TO 7.5 KG

FRONT RISE - 5 TO 7.5 KG

SIDE RISE - 5 TO 7.5 KG

PRESS - 6 TO 10 KG

DAY : 5

TRICEPS :-

BENDRODE TRICEPS - 0 TO 2.5KG

FRONT PUSH - 25 TO 35 KG

OPPOSITE PUSH - 20 TO 30 KG

KICK BACK - 6 TO 10 KG

SIT PULL - 5 TO 10 KG

BENDRODE TRICEPS - 0 TO 2.5KG

BACK PUSHDOWN - 5 TO 7.5 KG

ROPE PULL DOWN - 25 TO 35 KG

SINGLE HAND KICK - 6 TO 8 KG

SIT MACHINE PULL - 25 TO 40 KG