WORKOUT

Standing Calf Raisers

Leg Extension

Leg Curl

	Set 1		Set 2		Set 3		Set 4		Set 5		
CHEST	Reps	Weight (kg)									
Incline Bench Press	1	.5 20	1	15 25	1	.2 30					
Flat Bench Press	1	.5 20	1	.5 25	1	.2 30	-	10 32.5		8 35	
Decline Brnch Press	1	.5 20	1	.5 25	1	.2 30					
Dips											
Pec Press Machine	1	.0 10	1	.2 10	1	.5 10					
Flat Bench Dumbell Flies	1	.5 2.5	1	.5 2.5	1	.5 2.5					
Flat Bench Dumbell Press	1	.5 7.5	1	10	1	.2 10					
	Set 1		Set 2		Set 3		Set 4		Set 5		
BACK	Reps	Weight (kg)									
Wide Lat Pull Down											
Narrow Lat Pull Down											
Seated Row											
Upright Row											
Shoulder Shrugs											
Bent Over Dumbell Row											
Bent Over Dumbell Flies											
Chest Expander Reverse Flies											
chest Expander Neverse Thes											
	Set 1		Set 2		Set 3		Set 4		Set 5		
LEGS	Reps	Weight (kg)									
Leg Press	•	2 . 0,	•	2 . 3,	•	2 . 3,	•	5 . 0,	•	2 . 0,	
Smith Machine Squats											
Leg Press Calf Raisers											
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	Set 1		Set 2		Set 3		Set 4		Set 5		
ARMS	Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	
Narrow Grip Bench Press											
Barbell Curl											
Tricep Push Down (cable)											
Bicep Curl (cable)											
Dumbell Tricep Press											
Dumbell Curls											
Flat Bench Tricep Press											
Preacher Curls											
	Set 1		Set 2		Set 3		Set 4		Set 5		
ABS / LOWER BACK / ETC	Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	
Deadlifts	•	C . C ,	·	5 , 5,	·	.	•	G . G.	·	G . G.	
Situps											
Hyperextensions											
Cable Crunches (rope)											
		Set 1		Set 2		Set 3		Set 4		Set 5	
CARDIO	Minutes	Km	Reps	Weight (kg)							
Spin Bike / Cycling											
Swimming (20 length = 1km)											
Running											