



Day 1 (Chest & bi)

Exercise	Set	Reps	How to
Incline bench press	4	10	https://youtu.be/DbFgADa2PL8?si=A1zpafznRXNY4UMQ
Dumbbell flies	3	10	https://youtube.com/shorts/vJh-4hRLH-o?si=Odtq6hNki_LvC_Qw
Pullover	3	10	https://youtube.com/shorts/nOgK3HWKVfM?si=Sx68x6LQYIOLISO7
Decline machine	3	10	https://youtube.com/shorts/a-UFQE4oxWY?si=05KJq29bDildACs
Dumbbell hummer curl standing	4	10	https://youtube.com/shorts/lmlo_gVE8T4?si=zWICvBzmz0vx4MSo
straight bar curl	4	10	https://youtube.com/shorts/ez3YoWf



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			62Eg?si=4ZvZrq7m3KOTf2ZA
Machine curl	3	10	https://youtube.com/shorts/eYrAV7rnol0?si=cFL6yjdQLXqtXps

Day 2 (back & tri)



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Exercise	Set	Reps	How to
Lat pulldown wide	4	10	https://youtube.com/shorts/77bPLrsMwiQ?si=xB1gqgsQa6jwM1nb
Barbell row reverse grip	4	10	https://youtube.com/shorts/NEtfQqgoV8E?si=7WBdgNs7whDU0BKH
Medium grip bar machine	3	10	https://youtube.com/shorts/fPbfYDgzlgA?si=CW1DzTGYmE0FmSVz
Machine pulldown close grip	3	10	https://youtube.com/shorts/uy0YkGtY7A8?si=8AAbiLye0YluuF91
Back extension	4	20	https://youtube.com/shorts/Wpreb69h2fE?si=Ea0pHB8xsYQrSmT4

Day 5 (Legs & Shoulder)

Exercise	Set	Reps	How to
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Leg ext	4	14	https://youtube.com/shorts/iT6MkQMAI7c?si=3fMU1WZ6ZRYLZm7v
Machine squat	4	14	https://youtube.com/shorts/jQCT-I9N00s?si=DZoOsWyUVwTQ3XYd
Lying Leg curl	4	12	https://youtube.com/shorts/ANKSmhT0dTk?si=mThXntk-4SMumd0C
seated leg curl	4	10	https://youtube.com/shorts/aakNLjjm4Qo?si=jtRXdQCGWLghvyJY
deadlift	3	14	https://youtube.com/shorts/QjoWGxlS0Xw?si=NKk1b5MryUz547vg
Single leg curl	3	10	https://youtube.com/shorts/bkwW1flKchc?si=eHfZPgnjAye5Al3i
Calves	4	14	https://youtube.com/shorts/IrrmU7swBI?si=0bmzH7cXWa2dP3r5
Cable front lateral	3	12	https://youtube.com/shorts/HswiuQh_WBY?si=E1Zzx3yFHez3-7fe



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Dumbbell shrugs	3	12	https://youtube.com/shorts/T4gexJy6ttc?si=hZxL7aiTi_Vwdsg7
Machine reardelt	3	12	https://youtube.com/shorts/qBq_7mUvOxQ?si=_AhZy99LB9JR9Lum
Dumbbell side latral	3	12	https://youtube.com/shorts/G-piLwLu0d4?si=TW H4A4em7cn9jAR W