

GYM ROUTINE

1. Chest Day: Exercises:

- Commando: Set(15x2)
- Bench Press: Set(12x3)
- Incline Bench Press: Set(12x3)
- Incline Press: Set(12x3)
- Decline Press: Set(12x3)
- Cable Upper or Lower: Set(10x2)
- Seated Butterflies: Set(12x3)
- Seated Chest Press: Set(12x3)
- Dumbbell Pullover: Set(12x3)

2. Back Day: Exercises:

- Pull-Ups: Set(8x3)
- Lat Pulldowns- back: Set(12x3)
- Lat Pulldowns-front: Set(12x3)
- T-Bar Rows: Set(12x3)
- Barbell Bent-Over Rows: Set(12x3)
- Dumbbell Rows: Set(10x2)
- Road Pull to Legs: Set(12x3)
- Seated Cable Rows Over: Set(12x3)
- Seated Cable Rows Front: Set(12x3)
- Deadlifts: Set(12x3)

3. Shoulder Day: Exercises:

- Push Press front or back: Set(12x3)
- Overhead Dumbbell Press: Set(12x3)
- Front Raises: Set(12x3)
- Lateral Raises: Set(12x3)
- Upright Rows: Set(12x3)
- Cable Face Pulls: Set(12x3)
- Shoulder Shrugs: Set(12x3)

4. Bicep Day: Exercises:

- Bicep Curl: Set(12x3)
- Hammer Curl: Set(12x3)
- Concentration Curl: Set(10x3)
- Preacher Curl: Set(12x3)
- Incline Dumbbell Curl: Set(12x3)

- Cable Curl: Set(12x3)
- Barbell Curl: Set(12x3)

5. Tricep Day: Exercises:

- Tricep Dips: Set(15x2)
- Overhead Tricep Extension Dumbbell: Set(12x3)
- Skull Crushers: Set(10x3)
- Tricep Pushdown Cable: Set(12x3)
- Close Grip Bench Press: Set(10x3)
- Dumbbell Kickbacks: Set(12x3)
- Tricep Overhead Cable: Set(12x3)

6. Legs Day: Exercises:

- Squats with Barbell: Set(15x2)
- Leg Press: Set(12x3)
- Squats with Shoulder Machine: Set(10x3)
- Legs Curl: Set(12x3)
- Leg Extensions: Set(10x3)
- Calf Raises: Set(12x3)