**Workout Schedule**

**Month # 1 Week # 3**

**Week 3 Schedule (Overview)**

• **Day 1 (Push)** – Chest (3), Shoulders (2), Triceps (2)

• **Day 2 (Pull)** – Back (4), Biceps (2)

• **Day 3 (Legs + Core)** – Legs (3–4), Core (3)

• **Day 4 (Push)** – Cycle 2 variation

• **Day 5 (Pull)** – Cycle 2 variation

• **Day 6 (Legs + Core)** – Cycle 2 variation

• **Day 7 (Rest)** – Full recovery day

**Week 3 – PPL Cycle 1 (Zubair & Zakria)**

**Day 1 – Push (Cycle 1)**   
**Chest (3)**   
 1.**Barbell Bench Press**   
 oZubair: 4×8–10 | Rest 2 min   
 oZakria: 4×12–15 | Rest 60 sec   
 2.**Incline Dumbbell Press**   
 oZubair: 3×8–10 | Rest 90 sec   
 oZakria: 3×12–15 | Rest 45 sec   
 3.**Cable Fly**   
 oZubair: 3×12 | Rest 60 sec   
 oZakria: 3×15 | Rest 30–45 sec   
**Shoulders (2)**   
 4.**Overhead Press**   
 oZubair: 4×8 | Rest 90 sec   
 oZakria: 3×12 | Rest 60 sec   
 5.**Dumbbell Lateral Raises**   
 oZubair: 3×12 | Rest 60 sec   
 oZakria: 3×15 | Rest 30 sec   
**Triceps (2)**   
 6.**Rope Pushdowns**   
 oZubair: 3×12 | Rest 60 sec   
 oZakria: 3×15 | Rest 30 sec   
 7.**Overhead Dumbbell Extension**   
 oZubair: 3×10 | Rest 60 sec   
 oZakria: 3×12–15 | Rest 45 sec   
**→ Zakria Cardio:** 10–15 min treadmill walk/jog or cycling (moderate pace).

**Day 2 – Pull (Cycle 1)**   
**Back (4)**   
 1.**Deadlift**   
 oZubair: 4×6 | Rest 2–3 min   
 oZakria: 3×10–12 (lighter) | Rest 90 sec   
 2.**Bent Over Row**   
 oZubair: 4×8 | Rest 90 sec   
 oZakria: 3×12 | Rest 60 sec   
 3.**T-Bar Row**   
 oZubair: 3×10 | Rest 90 sec   
 oZakria: 3×12–15 | Rest 60 sec   
 4.**Face Pulls**   
 oZubair: 3×12 | Rest 60 sec   
 oZakria: 3×15 | Rest 30 sec   
**Biceps (2)**   
 5.**Barbell Curl**   
 oZubair: 3×10 | Rest 60 sec   
 oZakria: 3×12–15 | Rest 45 sec   
 6.**Incline Dumbbell Curl**   
 oZubair: 3×12 | Rest 60 sec   
 oZakria: 3×15 | Rest 45 sec   
**→ Zakria Cardio:** 10–15 min incline treadmill walk or rowing machine.

**Day 3 – Legs + Core (Cycle 1)**   
**Legs (4)**   
 1.**Squats**   
 oZubair: 4×8 | Rest 2 min   
 oZakria: 4×12 | Rest 90 sec   
 2.**Romanian Deadlift**   
 oZubair: 4×10 | Rest 90 sec   
 oZakria: 3×12–15 | Rest 60 sec   
 3.**Leg Press**   
 oZubair: 3×10 | Rest 90 sec   
 oZakria: 3×15 | Rest 60 sec   
 4.**Calf Raises**   
 oZubair: 3×15 | Rest 45 sec   
 oZakria: 3×20 | Rest 30 sec   
**Core (3)**   
 5.**Cable Crunch**   
 oZubair: 3×15 | Rest 45 sec   
 oZakria: 3×20 | Rest 30 sec   
 6.**Plank**   
 oZubair: 3×60 sec hold   
 oZakria: 3×90 sec hold   
 7.**Russian Twists**   
 oZubair: 3×20 | Rest 30 sec   
 oZakria: 3×30 | Rest 30 sec   
**→ Zakria Cardio:** 10–15 min cycling or stairmaster (low to moderate).

**Notes for Better Results**

**Progressive Overload** – Aim to add small weight or 1–2 reps each week. **Form First** – Never compromise form for heavier weights.

**Rest & Recovery** – Sleep 7–8 hours for muscle growth and fat loss.

**Nutrition** –

• Zubair: Eat in a slight **calorie surplus** (lean bulk).

• Zakria: Stay in a **mild deficit** with high protein for fat loss.

**Cardio for Zakria** – Keep it **light to moderate**, not intense, since main focus is weight training.

**Warm-up** – 5–10 min dynamic warm-up before lifting.

**WEEK 3 – Cycle 2 (Day 4–6)**

**Day 4 – Push (Cycle 2)**   
**Chest (3)**   
 1.Incline Barbell Bench Press   
 • **Zubair:** 4×8–10 | Rest 2 min   
 • **Zakria:** 4×12–15 | Rest 60 sec   
 2.Decline Dumbbell Press   
 • **Zubair:** 3×8–10 | Rest 90 sec   
 • **Zakria:** 3×12–15 | Rest 45 sec   
 3.Pec Deck Fly (machine)   
 • **Zubair:** 3×12 | Rest 60 sec   
 •  
 **Zakria:** 3×15 | Rest 30–45 sec **Shoulders (2)**   
4. Arnold Press   
 • **Zubair:** 4×8 | Rest 90 sec   
 • **Zakria:** 3×12 | Rest 60 sec   
 5.Upright Rows (barbell or cable)   
 • **Zubair:** 3×10 | Rest 60 sec   
 • **Zakria:** 3×12–15 | Rest 45 sec   
**Triceps (2)**   
6. Skull Crushers (EZ Bar)   
 • **Zubair:** 3×10 | Rest 60 sec   
 • **Zakria:** 3×12–15 | Rest 45 sec   
 7.Dips (weighted if possible)   
 • **Zubair:** 3×8–10 | Rest 90 sec   
 • **Zakria:** 3×12–15 (bodyweight) | Rest 60 sec   
**Zakria – Cardio:** 10–15 min treadmill walk or cycling at moderate pace.

**Day 5 – Pull (Cycle 2)**

**Back (4)**

1.Pull-Ups (weighted if possible)

• **Zubair:** 4×6–8 | Rest 2 min

• **Zakria:** 4×10–12 (assisted if needed) | Rest 90 sec

2.Seated Cable Row

• **Zubair:** 4×8–10 | Rest 90 sec

• **Zakria:** 3×12–15 | Rest 60 sec

3.Lat Pulldown (wide grip)

• **Zubair:** 3×10 | Rest 90 sec

• **Zakria:** 3×12–15 | Rest 60 sec

4.Rear Delt Fly (machine or dumbbell)

• **Zubair:** 3×12 | Rest 60 sec

• **Zakria:** 3×15 | Rest 45 sec

**Biceps (2)**

5. Dumbbell Hammer Curl

• **Zubair:** 3×10 | Rest 60 sec

• **Zakria:** 3×12–15 | Rest 45 sec

6.Concentration Curl

• **Zubair:** 3×12 | Rest 60 sec

• **Zakria:** 3×15 | Rest 45 sec

**Zakria – Cardio:** 10–15 min rowing machine or incline treadmill walk.

**Day 6 – Legs + Core (Cycle 2)**

**Legs (4)**

1.Bulgarian Split Squat

• **Zubair:** 4×8–10 | Rest 2 min

• **Zakria:** 3×12–15 | Rest 90 sec

2.Front Squat

• **Zubair:** 4×8 | Rest 2 min

• **Zakria:** 3×10–12 | Rest 90 sec

3.Hip Thrust

• **Zubair:** 3×10 | Rest 90 sec

• **Zakria:** 3×12–15 | Rest 60 sec

4.Standing Calf Raise

• **Zubair:** 3×15 | Rest 45 sec

• **Zakria:** 3×20 | Rest 30 sec

**Core (3)**

5. Hanging Leg Raises

• **Zubair:** 3×15 | Rest 45 sec

• **Zakria:** 3×20 | Rest 30 sec

6.Side Plank (per side)

• **Zubair:** 3×45 sec hold

• **Zakria:** 3×60 sec hold

7.Ab Wheel Rollouts (or stability ball rollouts)

• **Zubair:** 3×12 | Rest 45 sec

• **Zakria:** 3×15 | Rest 30 sec

**Zakria – Cardio:** 10–15 min stationary bike or brisk walk.

**Notes**

• **Zubair:** Focus on strength, progressive overload, heavier weights, and longer rest

periods.

• **Zakria:** Focus on higher reps, shorter rest, added cardio for fat loss, and controlled

form.

• Both: Stay hydrated, track progress, and ensure proper warm-up + cool-down.