

GYM Workout Plan(Weekly)

Month # 2 Week #1

Weekly Schedule:

- Day 1 – Push (Chest, Shoulders, Triceps)
- Day 2 – Pull (Back, Biceps)
- Day 3 – Legs + Core
- Day 4 – Push (Cycle 2 variation)
- Day 5 – Pull (Cycle 2 variation)
- Day 6 – Legs + Core (Cycle 2 variation)
- Day 7 – Rest

Muscle Map Weekly:

 Muscle Map – Month 2, Week 1 (PPL Split)

❖ Day 1 & Day 4 – Push (Chest, Shoulders, Triceps)

- Cycle 1 (Day 1)
 - Chest → Upper (clavicular pec) + Lower (sternal pec)
 - Shoulders → Front Delts + Medial Delts
 - Triceps → Long Head focus
- Cycle 2 (Day 4)
 - Chest → Mid (flat press) + Inner (cable/pec deck)
 - Shoulders → Rear Delts + Medial Delts
 - Triceps → Lateral & Medial Head focus

❖ Day 2 & Day 5 – Pull (Back, Biceps)

- Cycle 1 (Day 2)
 - Back → Width (Lats) + Thickness (Mid-back rows)
 - Biceps → Long Head (outer peak)
- Cycle 2 (Day 5)
 - Back → Thickness (Traps/Rhomboids) + Rear Delts + Lower Back (erectors)
 - Biceps → Short Head + Brachialis (inner biceps & arm density)

❖ Day 3 & Day 6 – Legs + Core

- Cycle 1 (Day 3)
 - Legs → Quads (front thigh) + Glutes
 - Core → Rectus Abdominis (6-pack) + Obliques (side core)
- Cycle 2 (Day 6)
 - Legs → Hamstrings (back thigh) + Glutes
 - Core → Lower Abs + Stability/Transverse Abdominis

Day 7 – Rest

Full Recovery (Mobility, Stretching, Optional light cardio/walk).

Cycle 1 – Month 2, Week 1 (Days 1–3, Full 8 Exercises/Day)

Day 1 – Push (Chest, Shoulders, Triceps)

Chest (4)

1. Incline Barbell Bench Press

- Zubair: 4×6–8 | Rest 120s
- Zakria: 3×10–12 | Rest 75s

2. Flat Dumbbell Press

- Zubair: 4×8–10 | Rest 90s
- Zakria: 3×12 | Rest 60s

3. Decline Dumbbell Press

- Zubair: 3×8–10 | Rest 90s
- Zakria: 3×12 | Rest 60s

4. Cable Crossovers (High to Low)

- Zubair: 3×12 | Rest 60s
- Zakria: 3×15 | Rest 45s

Shoulders (2)

5. Seated Overhead Dumbbell Press

- Zubair: 4×8–10 | Rest 90s
- Zakria: 3×10–12 | Rest 60s

6. Dumbbell Lateral Raises

- Zubair: 3×12–15 | Rest 60s
- Zakria: 3×15 | Rest 45s

Triceps (2)

7. Overhead Dumbbell Triceps Extension

- Zubair: 3×10–12 | Rest 75s
- Zakria: 3×12–15 | Rest 60s

8. Skull Crushers (EZ Bar)

- Zubair: 3×8–10 | Rest 90s
- Zakria: 3×12–15 | Rest 60s

Zakria's Cardio → 20 min treadmill (incline walk/jog).

Notes & Tips

- **Zubair:** Focus on heavy presses for strength.
- **Zakria:** Short rests + higher reps = hypertrophy + calorie burn.
- **Both:** Keep core tight during presses.

Day 2 – Pull (Back, Biceps)

Back (5)

1. Pull-Ups (Weighted if possible)

- Zubair: 4×6–8 | Rest 120s
- Zakria: 3×8–10 | Rest 75s

2. T-Bar Row

- Zubair: 4×8–10 | Rest 90s
- Zakria: 3×12 | Rest 60s

3. Barbell Bent Over Row

- Zubair: 3×8–10 | Rest 90s
- Zakria: 3×12 | Rest 60s

4. Lat Pulldown (Wide Grip)

- Zubair: 3×10 | Rest 75s
- Zakria: 3×12–15 | Rest 60s

5. Dumbbell Shrugs

- Zubair: 3×12 | Rest 60s
- Zakria: 3×15 | Rest 45s

Biceps (3)

6. Incline Dumbbell Curls

- Zubair: 3×10 | Rest 75s
- Zakria: 3×12–15 | Rest 60s

7. Barbell Curl

- Zubair: 3×8–10 | Rest 75s
- Zakria: 3×12–15 | Rest 60s

8. Concentration Curl

- Zubair: 3×12 | Rest 60s
- Zakria: 3×15 | Rest 45s

Zakria's Cardio → 15 min rowing machine + 10 min incline walk.

Notes & Tips

- Zubair: Emphasize heavy rows for thickness.
 - Zakria: Squeeze lats, control tempo.
 - Both: Strict form on curls → no swinging.
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Day 3 – Legs + Core (Quads, Glutes, Core – Rectus & Obliques)

Legs (5)

1. Barbell Back Squat

- Zubair: 4×6–8 | Rest 120s
- Zakria: 4×10–12 | Rest 90s

2. Walking Lunges

- Zubair: 3×12 each leg | Rest 90s
- Zakria: 3×15 each leg | Rest 75s

3. Leg Press (Feet Low for Quads)

- Zubair: 4×8–10 | Rest 90s
- Zakria: 3×12–15 | Rest 60s

4. Bulgarian Split Squats

- Zubair: 3×10 each leg | Rest 90s
- Zakria: 3×12 each leg | Rest 60s

5. Standing Calf Raise

- Zubair: 3×15 | Rest 60s
- Zakria: 3×20 | Rest 45s

Core (3)

6. Hanging Leg Raises

- Zubair: 3×12 | Rest 60s
- Zakria: 3×15–20 | Rest 45s

7. Cable Side Bends

- Zubair: 3×15 each side | Rest 45s
- Zakria: 3×20 each side | Rest 45s

8. Weighted Crunches

- Zubair: 3×15 | Rest 45s
- Zakria: 3×20 | Rest 45s

Zakria's Cardio → 20 min stairmaster or cycle.

Notes & Tips

- **Zubair: Progressive overload on squats & leg press.**
- **Zakria: Focus on controlled reps + high volume for legs.**
- **Both: Core should be tight during every lift to avoid injuries.**

Cycle 2 – Month 2, Week 1 (Days 4–6)

Day 4 – Push (Chest, Rear Delts, Triceps lateral head)

Zubair (Bulking – Strength Focus)

- Decline Barbell Bench Press – 4×6–8 (Rest: 2 min)
- Flat Dumbbell Press – 3×8–10 (Rest: 90s)
- Cable Fly (Low to High, Upper chest emphasis) – 3×10–12 (Rest: 60s)
- Dumbbell Rear Delt Fly – 3×10–12 (Rest: 75s)
- Arnold Press – 3×8–10 (Rest: 90s)
- Close Grip Bench Press – 3×6–8 (Rest: 2 min)
- Rope Pushdowns – 3×10–12 (Rest: 60s)

Zakria (Cutting – Hypertrophy/Endurance)

- Decline Dumbbell Press – 3×10–12 (Rest: 60s)
- Flat Barbell Bench Press – 3×12 (Rest: 60s)
- Cable Fly (Low to High) – 3×15 (Rest: 45s)
- Dumbbell Rear Delt Fly – 3×15 (Rest: 45s)
- Arnold Press – 3×12 (Rest: 60s)
- Close Grip Bench Press (lighter) – 3×12 (Rest: 75s)
- Rope Pushdowns – 3×15 (Rest: 45s)

Zakria's Cardio: 15–20 min treadmill walk (incline)

Notes

- Zubair: keep presses heavy (progressive overload).
 - Zakria: focus on controlled form & higher reps.
 - Both: don't over-arch lower back in decline press.
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Day 5 – Pull (Back: Lats + Rhomboids + Rear Delts, Biceps short head)

Zubair (Bulking – Strength Focus)

- **Weighted Pull-Ups – 4×6–8 (Rest: 2–3 min)**
- **Seated Cable Row (neutral grip) – 4×8–10 (Rest: 90s)**
- **One-Arm Dumbbell Row – 3×8–10 (Rest: 90s)**
- **Face Pulls – 3×12 (Rest: 60s)**
- **Barbell Preacher Curl – 3×10 (Rest: 75s)**
- **Dumbbell Hammer Curl – 3×10–12 (Rest: 60s)**

Zakria (Cutting – Hypertrophy/Endurance)

- **Assisted Pull-Ups – 3×10–12 (Rest: 90s)**
- **Seated Cable Row – 3×12–15 (Rest: 60s)**
- **One-Arm Dumbbell Row – 3×12 (Rest: 60s)**
- **Face Pulls – 3×15 (Rest: 45s)**
- **Barbell Preacher Curl – 3×12–15 (Rest: 60s)**
- **Dumbbell Hammer Curl – 3×15 (Rest: 45s)**

Zakria's Cardio: 10–15 min rowing machine + 5 min incline walk

Notes

- **Zubair: focus on heavy compound pulls first (pull-ups, rows).**
 - **Zakria: higher reps with slower negatives = more burn.**
 - **Keep elbows close to body on rows for lat activation.**
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Day 6 – Legs + Core (Hamstrings + Glutes + Core: Obliques/Transverse)

Zubair (Bulking – Strength Focus)

- **Hip Thrust – 3×10–12 (Rest: 90 sec)**
- **Front Squat – 4×6–8 (Rest: 2 min)**
- **Reverse Lunges – 3×10 each leg (Rest: 90s)**
- **Standing Calf Raise – 3×12–15 (Rest: 60s)**
- **Hanging Leg Raise (twist for obliques) – 3×12–15 (Rest: 45s)**
- **Plank (weighted if possible) – 3×60s**
- **Ab Wheel Rollouts – 3×10–12 (Rest: 60s)**

Zakria (Cutting – Hypertrophy/Endurance)

- **Hip Thrust – 3×15 (Rest: 60s)**
- **Front Squat – 3×10–12 (Rest: 90s)**
- **Reverse Lunges – 3×12–15 each leg (Rest: 75s)**
- **Standing Calf Raise – 3×20 (Rest: 45s)**
- **Hanging Leg Raise (twist) – 3×15–20 (Rest: 30–45s)**
- **Plank – 3×60s hold**
- **Ab Rollouts – 3×15 (Rest: 45s)**

Zakria's Cardio: 15–20 min stairmaster or cycle

Notes

- **Zubair: prioritize RDLs & front squats for strength.**
- **Zakria: higher reps on lunges & core, keep steady pace.**
- **Both: glutes drive the movement in RDLs → don't rush.**