**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**

o**Zubair: 4×6–8 | Rest 120s**

o**Zakria: 3×10–12 | Rest 75s**

**2.Flat Dumbbell Press**

o**Zubair: 4×8–10 | Rest 90s**

o**Zakria: 3×12 | Rest 60s**

**3.Decline Dumbbell Press**

o**Zubair: 3×8–10 | Rest 90s**

o**Zakria: 3×12 | Rest 60s**

**4.Cable Crossovers (High to Low)**

o**Zubair: 3×12 | Rest 60s**

o**Zakria: 3×15 | Rest 45s**

**Shoulders (2)**

* **Seated Overhead Dumbbell Press**

**Zubair: 4×8–10 | Rest 90s**

**Zakria: 3×10–12 | Rest 60s**

**6.Dumbbell Lateral Raises**

o**Zubair: 3×12–15 | Rest 60s**

o**Zakria: 3×15 | Rest 45s**

**Triceps (2)**

* **Overhead Dumbbell Triceps Extension**

**Zubair: 3×10–12 | Rest 75s**

**Zakria: 3×12–15 | Rest 60s**

**8.Skull Crushers (EZ Bar)**

o**Zubair: 3×8–10 | Rest 90s**

o**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)**

o**Zubair: 4×6–8 | Rest 120s**

o**Zakria: 3×8–10 | Rest 75s**

**2.T-Bar Row**

o**Zubair: 4×8–10 | Rest 90s**

o**Zakria: 3×12 | Rest 60s**

**3.Barbell Bent Over Row**

o**Zubair: 3×8–10 | Rest 90s**

o**Zakria: 3×12 | Rest 60s**

**4.Lat Pulldown (Wide Grip)**

o**Zubair: 3×10 | Rest 75s**

o**Zakria: 3×12–15 | Rest 60s**

**5.Dumbbell Shrugs**

o**Zubair: 3×12 | Rest 60s**

o**Zakria: 3×15 | Rest 45s**

**Biceps (3)**

* **Incline Dumbbell Curls**

**Zubair: 3×10 | Rest 75s**

**Zakria: 3×12–15 | Rest 60s**

**7.Barbell Curl**

o**Zubair: 3×8–10 | Rest 75s**

o**Zakria: 3×12–15 | Rest 60s**

**8.Concentration Curl**

o**Zubair: 3×12 | Rest 60s**

o**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.**

**Day 3 – Legs + Core (Quads, Glutes, Core – Rectus & Obliques)**

**Legs (5)**

**1.Barbell Back Squat**

o**Zubair: 4×6–8 | Rest 120s**

o**Zakria: 4×10–12 | Rest 90s**

**2.Walking Lunges**

o**Zubair: 3×12 each leg | Rest 90s**

o**Zakria: 3×15 each leg | Rest 75s**

**3.Leg Press (Feet Low for Quads)**

o**Zubair: 4×8–10 | Rest 90s**

o**Zakria: 3×12–15 | Rest 60s**

**4.Bulgarian Split Squats**

o**Zubair: 3×10 each leg | Rest 90s**

o**Zakria: 3×12 each leg | Rest 60s**

**5.Standing Calf Raise**

o**Zubair: 3×15 | Rest 60s**

o**Zakria: 3×20 | Rest 45s**

**Core (3)**

* **Hanging Leg Raises**

**Zubair: 3×12 | Rest 60s**

**Zakria: 3×15–20 | Rest 45s**

**7.Cable Side Bends**

o**Zubair: 3×15 each side | Rest 45s**

o**Zakria: 3×20 each side | Rest 45s**

**8.Weighted Crunches**

o**Zubair: 3×15 | Rest 45s**

o**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.**

**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.**

**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.**