**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)**   
**5. 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)**   
**7. 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)**   
**6. 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**

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| • • • | **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)**   
**6. 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**

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| • • • | **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**

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| • • • | **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.**