

## ■ Day 1 – Push (Chest + Shoulders + Triceps)

Exercise	Weight	Sets x Reps
Bench Press Machine	30 kg → 35 kg → 40 kg	3 x 15-12-10
Incline Press (Machine or Dumbbell)	Machine: 30–35 kg OR Dumbbell: 7.5–10 kg	3 x 12-10-8
Pec Fly Machine	25–30 kg	3 x 15
Dumbbell Shoulder Press	7.5 kg	3 x 12
Side Raises	5 kg	3 x 15
Rope Tricep Pushdown	20–25 kg	3 x 15
Incline Walk	—	5–10 min, 6–7 speed, 6% incline

## ■ Day 2 – Pull (Back + Biceps)

Exercise	Weight	Sets x Reps
Lat Pulldown (wide grip)	30–35 kg	3 x 12
Seated Row	25–30 kg	3 x 12
Dumbbell Row	7.5–10 kg per hand	3 x 12
EZ Bar Curl	12.5 kg (as per your superset)	3 x 21s
Bicep Dumbbell Curl	7.5 kg	3 x 15
Treadmill Walk	—	1 km after lifting

## ■ Day 3 – Legs + Core

Exercise	Weight	Sets x Reps
Leg Press	45 kg	3 x 15
Walking Lunges	Bodyweight / 5 kg dumbbell	3 x 20 steps

Exercise	Weight	Sets x Reps
Hamstring Curl	25–30 kg	3 x 12
Calf Raise Machine	40–45 kg	3 x 20
Plank	—	2 x 45s
Russian Twist	Bodyweight or 2.5 kg plate	3 x 20

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## ■ Day 4 – Push (Chest + Triceps Volume)

Exercise	Weight	Sets x Reps
Bench Press	35–40–45 kg	4 x 12-10-8-6
Incline Dumbbell Press	7.5–10 kg	3 x 10
Cable Chest Fly	15–20 kg	3 x 15
Skullcrushers (EZ Bar)	7.5–10 kg	3 x 12
Overhead DB Triceps	7.5 kg	3 x 12
Incline Walk	—	10 min (7 speed, 5 incline)

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## ■ Day 5 – Pull (Back Focus)

Exercise	Weight	Sets x Reps
Pull-ups (Assisted if needed)	Bodyweight (band/assisted)	3 x Max
T-Bar Row	Start with 20–25 kg	3 x 12
One-arm DB Row	10 kg	3 x 12
Cable Row	25–30 kg	3 x 12
Shrugs	10–12.5 kg	3 x 15
Face Pull	15–20 kg	3 x 15
Barbell Curl	12.5 kg	3 x 12

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## Day 6 – Legs + HIIT Cardio

Exercise	Weight	Sets x Reps
Goblet Squat	10 kg	3 x 20
Jumping Lunges	Bodyweight	3 x 15/leg
Ham Curl Machine	25 kg	3 x 15
Calf Raise Machine	45 kg	3 x 30
Treadmill	—	2 km walk, every 5 min = 30 sec jog

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## Sunday Home (15–20 min Recovery)

- Stretching + Cat-cow
- 2 min Cobra hold
- 20 squats bodyweight
- Bird-dog x 10/side
- Wall angel x 10
- Deep nasal breathing

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## Tips:

- Start lighter and **increase weights every 1–2 weeks**
  - Push only 70–80% of max effort (leave 1–2 reps in reserve) for now
  - Back days = **slow control, no swinging**
  - Avoid ego-lifting: feel the **muscle contraction** first
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