

Day 1

Legs



Jogging-Treadmill

20 Mins



Leg Press

2 sets, 15 Reps (warm-up) 3 sets, 12-15 Reps (to failure)



### Seated Leg Curl

2 sets, 15 Reps (warm-up) 3 sets, 12-15 Reps (to failure)



### Lying Leg Curls

2 sets, 15 Reps (warm-up) 3 sets, 15-20 Reps (to failure)





### Leg Extensions

2 sets, 15 Reps (warm-up) 3 sets, 15-20 Reps (to failure)



### Hack Squat

2 sets, 15-20 Reps (warm-up) 3 sets, 20-30 Reps (to failure)



Jogging-Treadmill

20 Mins

**Day 2**  
**Chest , triceps**



Jogging-Treadmill

20 Mins



### Barbell Bench Press - Medium Grip

2 sets (warm-up sets) 4 sets, 9-11 reps



### Incline Dumbbell Press

3 sets, 9-11 reps





Dips - Chest Version

**4 sets, 9-11 reps**



Jogging-Treadmill

**20 Mins**

**Day 3  
Rest**

**Day 4**  
**Back , biceps**



Jogging-Treadmill  
**20 Mins**



**Close-Grip Front Lat Pulldown**  
**4 sets, 8-10 reps**



Seated Cable Rows  
3 sets, 8-10 reps



Wide-Grip Standing Barbell Curl  
4 sets, 10-12 reps





Jogging-Treadmill

**20 Mins**

**Day 5**

**Legs**



Jogging-Treadmill

**20 Mins**



### Leg Press

2 sets, 15 Reps (warm-up) 3 sets, 12-15 Reps (to failure)



### Seated Leg Curl

2 sets, 15 Reps (warm-up) 3 sets, 12-15 Reps (to failure)





### Lying Leg Curls

2 sets, 15 Reps (warm-up) 3 sets, 15-20 Reps (to failure)



### Leg Extensions

2 sets, 15 Reps (warm-up) 3 sets, 15-20 Reps (to failure)





### Hack Squat

2 sets, 15-20 Reps (warm-up) 3 sets, 20-30 Reps (to failure)



### Jogging-Treadmill

20 Mins

**Day 6**  
**Rest**

**Day 7**  
**Shoulders , calves , abs**



Jogging-Treadmill  
20 Mins



**Smith Machine Overhead Shoulder Press**  
5 sets of 50, 40, 30, 20, 10 reps

## SUPERSET



Upright Barbell Row

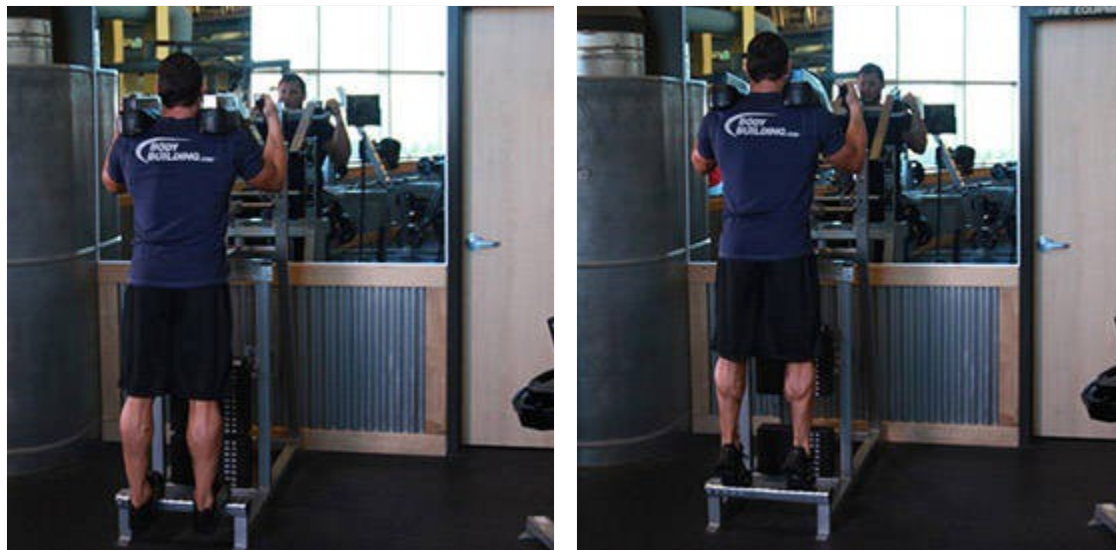
5 sets of 10, 20, 30, 40, 50 reps





Smith Machine Hip Raise

3 sets, 9-11 reps



Standing Calf Raises

5 sets of 10, 20, 30, 40, 50 reps



Jogging-Treadmill

20 Mins