Day 1 Chest, Triceps, Calves



Barbell Bench Press - Medium Grip



Barbell Incline Bench Press Medium-Grip
3 sets, 12-15 Reps (Rest-pause on final set)



Incline Dumbbell Flyes

3 sets, 12-15 Reps (Rest-pause on final set)



Cable Crossover



Triceps Pushdown



<u>Lying Dumbbell Tricep Extension</u>
3 sets, 12-15 Reps (Rest-pause on final set)



Cable Rope Overhead Triceps Extension

3 sets, 12-15 Reps (Rest-pause on final set)



Standing Calf Raises



Seated Calf Raise
3 sets, 25-30 Reps (Rest-pause on final set)

Day 2 Back , Biceps , Abs



Wide-Grip Lat Pulldown 4 sets, 12-15 Reps (Rest-pause on final set)



Lying T-Bar Row



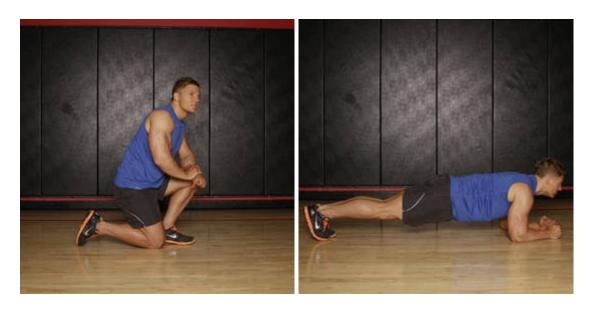
Hyperextensions (Back Extensions)
3 sets, 25-30 Reps (Rest-pause on final set)



Wide-Grip Standing Barbell Curl 4 sets, 12-15 Reps (Rest-pause on final set)



Hammer Curls 4 sets, 12-15 Reps (Rest-pause on final set)



Plank 3sets (45sec)

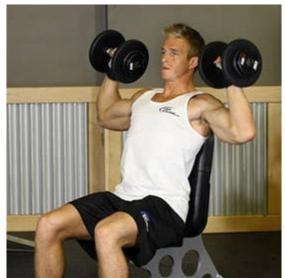
Day 3 – Active rest

Day 4 Shoulders, traps, Calves





Side Laterals to Front Raise 4 sets, 12-15 Reps (Rest-pause on final set)





Dumbbell Shoulder Press 3 sets, 4-6 reps





One-Arm Side Laterals 3 sets, 12 reps





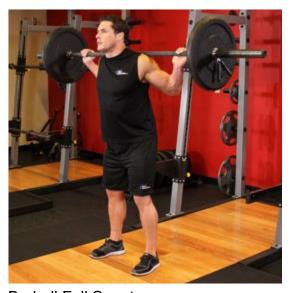
Smith Machine Shrug 3 sets, 15-20 reps





Smith Machine Calf Raise 3 sets, 15-20 reps

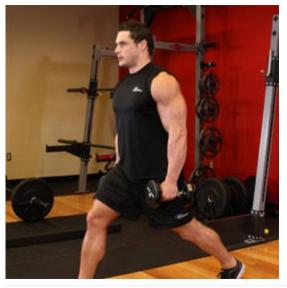
Day 5 Legs , Abs





Barbell Full Squat

4 sets, 4-6 reps





Dumbbell Lunges

4 sets, 12 reps each leg





Leg Press

3 sets, 12-15 reps





Lying Leg Curls

3 sets, 12 reps





Leg Extensions

3 sets, 15-20 reps





Bottoms Up 4 sets(1min)





Cable Crunch 4 sets , 15-20 reps

Day 6,7 – Active rest