

Day 1

Chest, Triceps, Calves



Barbell Bench Press - Medium Grip

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



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

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



Triceps Pushdown

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



Lying Dumbbell Tricep Extension

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

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



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

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



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