

Day 1  
Legs ,Abs



Leg Press  
4 sets, 8-12 reps



Split Squats  
3 sets, 8-12 rep



### Hack Squat

4 sets, 8-12 Reps



### Stiff-Legged Barbell Deadlift

4 sets, 8-12 Reps



### Lying Leg Curls

5 sets, 8-12 reps



### Seated Calf Raise

4 sets, 8-12 reps





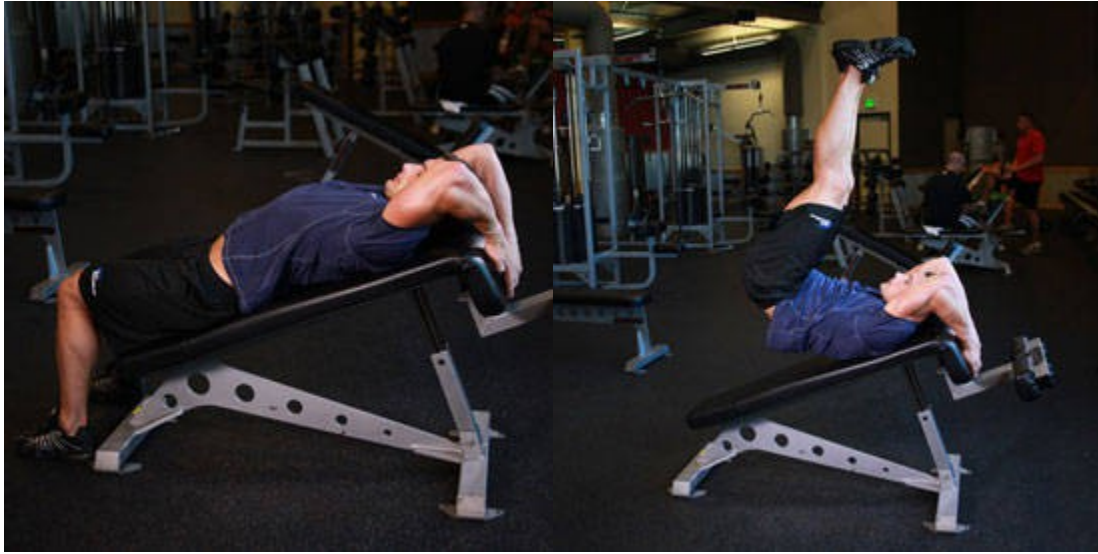
### Standing Calf Raises

4 sets, 8-12 reps



### Bent-Knee Hip Raise

4 sets, 8-12 reps



Decline Reverse Crunch

4 sets, 8-12 reps



Jogging-Treadmill

15 minutes

Day 2  
Chest , Triceps



## DUMBBELL BENCH PRESS

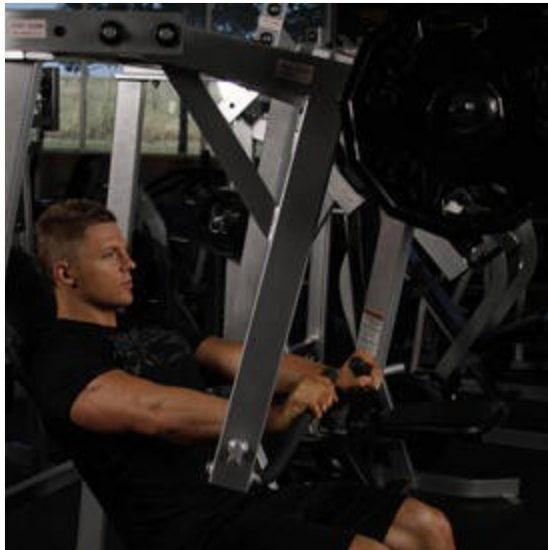
3 sets of 6 reps





## **SMITH-MACHINE INCLINE BENCH PRESS**

4 sets of 8-10 reps



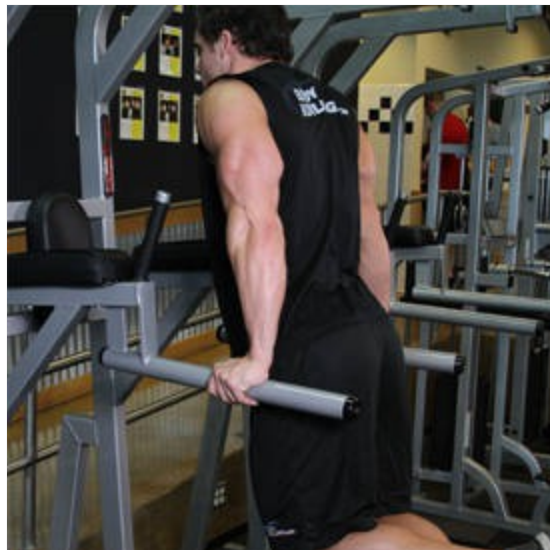
## **LEVERAGE (MACHINE) DECLINE CHEST PRESS**

4 sets of 10 reps



Incline Dumbbell Flyes - With A Twist

3 sets of 12 reps



Parallel Bar Dip

Note: Keep your body as upright as possible—don't lean forward. Also, try to keep your elbows from flaring out as you do the move.

3 sets, 8-10 reps (60-90 seconds rest)





Triceps Pushdown - V-Bar Attachment

3 sets, 12 reps (60-90 seconds rest)

Day 3

Shoulders , Abs



Dumbbell Shoulder Press

4 sets, 6,6,8,10 reps



Upright Barbell Row

3 sets, 8,8,10 reps



Seated Bent-Over Rear Delt Raise

3 sets, 8,10,12 reps



Side Lateral Raise

3 sets, 8,10,12 reps





Standing Front Barbell Raise Over Head

3 sets, 8,10,12 reps

Day 4

Rest

Day 5

Biceps , Calves ,Abs



## Incline Hammer Curls

4sets , 10reps



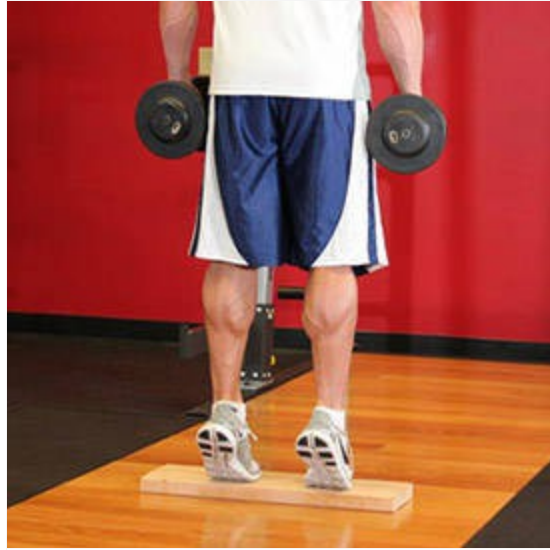
## Hammer Curls

4sets , 10reps



## Concentration Curls

4sets , 10reps



Standing Dumbbell Calf Raise  
3sets , 20reps



Donkey Calf Raises  
3sets , 15-20reps





Landmine 180's  
3sets (1min each)



Cross-Body Crunch  
3sets (1min each)

Day 6-7

Rest

