**Day #1**

**Chest, Calves**

|  |  |
| --- | --- |
| Squat Calf Raise | **6** Sets of **25 - 30 | 20 - 25 | 15 - 20 | 10 - 15** RPW[[1]](#footnote-2) |
| Seated Leg Press Calf [ 2x2x2 ] | **6** Sets of **25 - 30 | 20 - 25 | 15 - 20 | 10 - 15** RPW |
| Bench Press [ Warm up ] | **2** Sets of **12 - 15** RPW |
| Bench Press  Dumbbell Inner Chest Press | **3** Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |
| Incline Bench Press | **4** Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |
| Dumbbell Bench Press | **6** Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |

**Day #2**

**Back, Abs**

|  |  |
| --- | --- |
| Dumbbell‌ Pullover | **2wu[[2]](#footnote-3) x 1wk[[3]](#footnote-4)**  Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |
| Close Grip‌ pulldown | **1wu x 1wk**  Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |
| Dumbbell‌ Bent over Row | **1wu x 1wk**  Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |
| Wide Grip Cable Row | **1wu x 1wk**  Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |
| Barbell Deadlift | **1wu x 1wk**  Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |
| Hip Thrust | **3** Sets of **25 - 30** RPW |
| Ab Crunch Machine | **3** Sets of **25 - 30 | 20 - 25 | 15 - 20 | 10 - 15** RPW |
| Cable Wood Chopper | **3** Sets of **25 - 30 | 20 - 25 | 15 - 20 | 10 - 15** RPW |

**Tips:**

1. **1 min res between sets and exercises.**
2. **All sets are 'To Failure'**

**Day #3**

**Cardio, Calves, Abs**

|  |  |
| --- | --- |
| Cardio | **20 min‌** |
| Squat Calf Raise | **6** Sets of **25 - 30 | 20 - 25 | 15 - 20 | 10 - 15** RPW |
| Standing Leg Press Calf [ 2x2x2 ] | **6** Sets of **25 - 30 | 20 - 25 | 15 - 20 | 10 - 15** RPW |
| Hanging Leg Raise | **3** Sets of **25 - 30 | 20 - 25 | 15 - 20 | 10 - 15** RPW |
| Weighted Crunch | **3** Sets of **25 - 30 | 20 - 25 | 15 - 20 | 10 - 15** RPW |
| Dumbbell‌ Side Bend | **3** Sets of **25 - 30 | 20 - 25 | 15 - 20 | 10 - 15** RPW |

**Day #4**

**Legs, Abs**

|  |  |
| --- | --- |
| Cardio [ Warm up ] | **10 min** |
| Stretching | **5 min** |
| Leg Extension | **2wu x 1wk**  Sets of **15 | 10 - 12 | 10 - 12** RPS[[4]](#footnote-5) |
| Leg Press | **2wu x 1wk**  Sets of **10 - 12 | 10 - 12 | 10 - 12** RPS |
| Hack Squat | **2wu x 1wk**  Sets of **10 - 12 | 10 - 12 | 10 - 12** RPS |
| **5 min Rest** | |
| Lying Leg Extension | **1wu x 1wk**  Sets of **10 - 12 | 10 - 12** RPS |
| Stiff-Leg Deadlift | **1wu x 1wk**  Sets of **10 - 12 | 10 - 12** RPS |
| Knee Raise | **3** Sets of **25 - 30** RPW |
| Incline Sit-up | **3** Sets of **25 - 30 | 20 - 25 | 15 - 20 | 10 - 15** RPW |
| Plank | **3** Sets of **60sec | 90sec | 120sec | 150sec** RPW |

**Tips:**

1. **1 min res between sets and exercises.**
2. **All sets are 'To Failure'**

**Day #5**

**Shoulders, Calves**

|  |  |
| --- | --- |
| Squat Calf Raise | **6** Sets of **25 - 30 | 20 - 25 | 15 - 20 | 10 - 15** RPW |
| Dumbbell‌ Calf Press | **4** Sets of **25 - 30** RPW |
| Dumbbell Shoulder Press | **2wu x 1wk**  Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |
| Side Lateral Raise | **1wu x 1wk**  Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |
| Low-Pulley Delt Raise | **0wu x 1wk**  Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |
| Reverse Dumbbell Fly | **1wu x 1wk**  Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |
| Shoulder Press Machine  Barbell Up-Right Row | **2wu x 1wk**  Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |
| Dumbbell Shrug | **0wu x 2wk**  Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |

**Tips:**

1. **1 min res between sets and exercises.**
2. **All sets are 'To Failure'**

**Day #6**

**Biceps, Triceps**

|  |  |
| --- | --- |
| Close Grip Barbell Curl  Close Grip Triceps Bench Press | **4** Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |
| Preacher Barbell Curl  Over-Head Triceps Extension | **4** Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |
| Incline Dumbbell Biceps Curl  Decline Barbell Triceps Extension | **4** Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |
| Biceps Cable Rope Curl(Out-Extended)  High-Pulley Biceps Row (One-Arm) | **4** Sets of **12 - 15 | 9 - 11 | 6 - 8 | 3 - 5** RPW |

1. Reps Per Week [↑](#footnote-ref-2)
2. Warm up Set [↑](#footnote-ref-3)
3. Working Set [↑](#footnote-ref-4)
4. Reps Per Set [↑](#footnote-ref-5)