(Z)							
	Phase 2 (Week 7 to Week 12)						
Days	Muscle	Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6
Day1	Leg	Deadlift	Squats/Front squats	Leg press/Sumo Squat	Leg Extension/Lunges	Hamstring machine/Dumbell curl	Calves standing/Sitting curl
Day2	Chest	Flat Bench / Dumbell press	Inclined Bench/Dumbell Press	Declined dumbell/Bench Press	Flat machine/dumbell flys	Pull over dumbell/cable	Cable crossover/around the world
Day3	Shoulder	Military Press/ Rear press	Dumbell Press/ Arnold Press	Lateral Raises dumbell/cable	Front raises dumbell/cable	Rear flys Dumbell/Machine	Upright row/shrugs - dumbell/machine
Day4	Back	Deadlift	Lat Front/Rear Pull Down	Neutral grip/inverse Bench dumbell row	T bar/One arm dumbell row	Underhand/Overhand Barbell row	Hyperextension/ Stiff leg rowing
Day5	Arms	Closegrip bench/Diamond W weights	Isingle/double	Cable bar/rope push down	Barbell/Bar Biceps curl	Dumbell/EZ curl	Hammer / Concentration Curl
Day6	Abs	Half Crunches	Lying Leg Raises	Cable Crunch Down	Hanging leg/knee raises	Dumbell/Cable side crunch	Weighted Plank

Rest Day

Day7