

# Workout Plan

## BODY BUILDING

### Day 1

- Barbell squat
- Leg press
- Leg Ext
- Leg Curl
- Weighted Lunges
- D.B Hack Squat
- Jump Squat
- Box Squat
- Leg raises
- Crunches
- Russian Twist

### Day 2

- Flat Bench Press
- Incline D.B Press
- Pec-Dec
- Military Press
- Side Raise
- Front Raise
- Pully Push Down
- Rev Push down
- Rope Push Down
- Cycle-15 min

### Day 4

- Back Squat
- Jump squat
- Leg Press
- Leg Ext
- Leg curl
- Hip Thrust
- Sumo squat
- Holding Squat
- Leg Raises + Crunches + Russian Twist

### Day 5

- Lats Pull Down
- Rowing
- Bend over row
- One arm D.B
- Upright Row
- D.B Shrugs
- Barbell Curl
- D.B Curl
- Hammer Curl

### Day 6

- Cardio/Crossfit

