

Workout Plan

MUSCLE BUILDING

Day 1

- Warmup on incline D.B Fly 2*25
- Incline D.B Press + Incline D.B Fly Super set 3* 12.
- Flat D.B Fly + Flat bench Press Super set 3*12.
- Flat D.B Fly + Flat Bench Press Super Set 3*12.
- High cable Crossover 3* 15-12-10.
- Decline D.B Press 3*15
- Pushups 3* failure
- Leg Raises + Crunches Super set 3* 15-12

Day 2

- Warmup on lats pulldowns 2*20.
- Reverse Grip barbell rows 4*15-12-10-8.
- One arm D.B rows 3*15.
- Lat Pulldown machine 3*12-10
- Reverse Grip one arm pull down 3*12-10.
- Rackpull 3*12-10-8.
- Seated leg curls + stiff leg deadlift on D.B superset 4*15.
- High Feet Leg Press 3*15

Day 4

- Warmup on shoulder press machine 2*25.
- D.B Lateral raises 5*30.
- D.B Press 3*12-10.
- Front Raises on plate 3*15.
- Reverse peckdeck machine 3*20-15.
- D.B Shrugs 3*15-10.
-

Day 6

- Warmup on leg extension 2*25
- Squat 5*20-15
- Leg press 4*15-12.
- Hack squats 3*15-12.
- Leg extensions 3*15.
- Standing Calve raises 3*50.
- Calve raises on machine 2*25.

Day 5

- Warmup on tricep rope 3*25.
- Shull crusher on flat bench 3*12-10.
- D.B Kickback 3*15-12.
- D.B overhead extension 3*12-10.
- Reversesee grip pushdowns 3*12-10.
- D.B curls on inline bench 3*12.
- Close Grip Preacher curls on ez bar 3*12-10
- Hammer curls 2*10-8

