

	Exercise Name	Sets	Reps
Push (Chest ,Triceps & Shoulder)			
Chest (Pecs)	Normal Benchpress/Dumbbell press	1 warmup set + 3 working sets	10-12
	Incline Benchpress/Incline Dumbbell press	3 sets	10-12
	High to low/low to high cable flys	3 sets	10-12
Triceps	Skull crushers/Overhead extension	1 warmup set + 3 working sets	10-12
	Rope Extensions	3 sets	10-12
Shoulders	Overhead Shoulder Press	1 warmup set + 3 working sets	10-12
	Lateral Raises	3 sets	10-12
Pull (Back & Biceps)			
Back (Lats ,Traps & Rear delts)	Pullups/Lat pulldown	1 warmup set + 3 working sets	10-12
	Rows with cables/dumbbells/barbell	3 sets	10-12
	Rear delts fly / Facepull	3 sets	10-12
	Barbell / Dumbbell shrugs	3 sets	10-12
	Romanian Deadlift	3 sets	10-12
Biceps	Biceps curls / Incline dumbbell curls	1 warmup set + 3 working sets	10-12
	Hammer curls / Preacher curls	3 sets	10-12

Legs & Core			
Legs	Barbell back Squats	1 warmup set + 3 working sets	10-12
	Leg press / lunges	3 sets	10-12
	Hamstring curls	3 sets	10-12
	Leg extension	3 sets	10-12
	Standing calf raises	3 sets	12-15
	Sitting calf raises	3 sets	10-15
Core	Cable rope Crunches	1 warmup set + 3 working sets	12-15