

For Body Recomposition

Push Day

- Barbell Bench Press 3 x 10 x
- Inclined Dumbbell Press 3 x 12 x
- Chest Flyes 3 x 12 x
- Dumbbell Overhead Press 3 x 10 x
- Lateral Raises 3 x 12 x
- Triceps Extension 3 x 12 x
- Bicycle Kicks 3 x 20 x
- Face pulls x 1

Pull Day

- Pullups 4 x failure
- Seated Rows 4 x 12 x
- Reverse Lat Pulldowns 3 x 12 x
- Seated Machine Rows 3 x 12 x
- Barbell Curls 3 x 12 x
- Face Pulls 3 x 12 x
- Crunches 2 x failure

Legs Day

- Barbell Squats 3 x 10 x
- Wide Leg Press 3 x 12 x
- Lunges 3 x 12 x
- Hamstring Curls 3 x 15 x
- Frog Walks 1 x failure
- Side Plank 1 x failure each side
- Plank

Upper Day

- Chest Dips 3 x 10 x
- Lat Pulldowns 3 x 12 x
- Overhead Shoulder Press 3 x 10 x
- Chinups 3 x 10 x
- Barbell Curls 3 x 10 x
- Triceps Pushdown 3 x 10 x
- Hammer Curls 3 x 12 x
- Triceps Reverse Pushdown 3 x 12 x

Lower Day

- Goblet Squats 3 x 12 x
- Glute Bridges 3 x 15 x
- Never Ending Squats 3 x 12 x
- Sumo Squats 3 x 12 x
- Frog Jumps 1 x failure
- Side lying leg raises 2 x f
- Plank

Tips

- *Dynamic stretching before exercise*
- *Static stretching before bed and in the morning*
- *Minimum 4 liters of water*
- *Adequate calories (+250 above BMR)*