# Manjeet’ s Weekly Plan

| **Day** | **Exercises** |
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| **Monday** | Squats, Leg press, Hack Squat, Extension, Lunges, Curl, Calves. |
| **Tuesday** | Shoulder press, Side Raise, Front Raise, Sited Dumb, Rear-Dealt, Upright Row, Shrugs. |
| **Wednesday** | Bench press, Incline Fly, Cable Lower, Inclined Press, Decline Press, Butterfly, Cable Upper |
| **Thursday** | Bar Curl, Preacher, Dumb Curl, Incline Dumb, Hammer, Reverse Barbell. |
| **Friday** | Close Grip Bench, Pully Pushdown. Skull Crusher, Dumb Ext, Alt Overhead Dumb Ext, Dips. |
| **Saturday** | Pullups, Bent Over Barbell, Lat’s Pulldown, Dumb Row, Seated Row, Deadlift and/or Ext. |