Muscle Gain Workout Program

MONDAY	WEDNESDAY	FRIDAY	SUNDAY
(Bisceps and	(Biceps,triceps	(Biceps,abdomi	(biceps,
chest)	and shoulders)	nals and chest)	triceps and
			shoulders)
Warm up-2	Warm up-2	Warm up- 2 sets	Warm up-2
sets of 20	sets of 20	of 20 jumping	sets of 20
jumping jacks,	jumping jacks,	jacks,1 set of 20	jumping
1 set of 20	1 set of 20	sit ups	jacks,1 set of
push ups	push ups		20 push ups
4 sets of 15	3 sets of 15	4 sets of 10	3 sets of 15
bicep curls	shoulder press	abdominal	shoulder press
(10lb)	(10lb)	crunches	
		(bowflex)	
4 sets of 15	4 sets of 15	4 sets of 15	4 sets of 15
hammer curls	seated tricep	bicep curls	tricep curls
(10lb)	curls (10lb)	(10lb)	(10lb)
4 sets of 10	4 sets of 15	4 sets of 10	4 sets of 15
dumbbell	bicep curls	dumbbell bench	bicep curls
bench press/		press/ bench	
bench press		press with	
with bowflex		Bowflex)	
		DOWNEX)	