

## Muscle Gain Workout Program

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