

Day 1 : Muscle Training

Exercise	Sets	Sets
Lat Pulldown	4 x 10	Builds upper back strength and width, aiding posture and back muscle definition.
Bent Over Row	3 x 10	Enhances back, shoulder, and bicep strength and stability.
Seated Cable Row	3 x 12	Engages entire back, improving posture and pulling strength.
Bicep Curls (Barbell)	4 x 10	Builds bicep strength and size, aiding in arm aesthetics.
Reverse Bicep Curls (barbell or cables)	3 x 12	Focuses on forearm and bicep endurance, improving arm symmetry.
Face Pulls	3 x 15	Targets rear deltoids and upper back, promoting shoulder stability.

Day 2 : Strength Training

Exercise	Sets	Sets
Deadlift	4 x 5	Builds full-body strength, focusing on posterior chain, core, and grip.
Overhead Press	4 x 6	Strengthens shoulders, triceps, and core stability.
Pull-Ups	4 x To failure	Targets back and biceps; excellent for upper body muscle endurance and strength.
Goblet Squat	4 x 8	Works legs and glutes while improving core strength and posture.
Farmers Carry	3 x 30-45 sec	Builds grip strength, core stability, and shoulder endurance.

Day 3 : Muscle Training

Exercise	Sets	Sets
Bench Press	4 x 8-10	Builds chest, shoulder, and triceps strength; enhances upper body power.
Incline Dumbbell Press	3 x 10-12	Targets upper chest and shoulders, helping to improve chest shape and strength.
Dumbbell Flyes	3 x 12	Increases chest flexibility and muscle fiber activation.
Tricep Dips	3 x 10	Strengthens triceps and improves arm endurance.
Skull Crushers	3 x 10	Focuses on triceps, promoting arm size and strength.
Tricep Rope Pushdowns	3 x 12	Isolates triceps, enhancing muscle definition and endurance.

Day 4 : Strength Training

Exercise	Sets	Sets
Squats	4 x 6	Builds lower body strength, focusing on quads, hamstrings, and glutes.
Romanian Deadlift	3 x 8	Strengthens hamstrings, glutes, and lower back; improves flexibility.
Leg Press	3 x 10	Works quads and glutes, helping increase leg power.
Lunges	3 x 12 per leg	Enhances leg strength, balance, and coordination.
Calf Raises	4 x 15	Strengthens calf muscles, improving ankle stability and endurance.

Day 5 : Muscle Training

Exercise	Sets	Sets
Dumbbell Shoulder Press	4 x 8-10	Builds shoulder strength, focusing on deltoids.
Lateral Raises	3 x 12	Isolates side delts, improving shoulder width and symmetry.
Rear Delt Flyes	3 x 15	Strengthens rear shoulders and upper back, improving posture.
Wrist Curls	3 x 15	Strengthens forearm flexors, enhancing grip strength.
Reverse Wrist Curls	3 x 15	Targets forearm extensors, improving overall forearm stability and endurance.
Farmer's Walk	3 x 30-45 sec	Builds grip strength, forearm endurance, and core stability.

Day 6 : Strength Training

Exercise	Sets	Sets
Plank Variations	3 x 45 sec each	Builds core stability, improves posture and balance.
Russian Twists with Weight	3 x 15 each side	Engages obliques and strengthens rotational core strength.
Hanging Leg Raises	3 x 10	Strengthens core, particularly lower abs, and enhances hip stability.
Weighted Ab Crunches	3 x 12	Builds core strength and muscle definition in the abdominal area.
Mountain Climbers	3 x 30 sec	Improves core stability and provides a cardio boost for fat burning.

Day 7 : Strength Training

Exercise	Sets	Sets
Barbell Deadlift	4 x 6-8	Builds total-body strength, focusing on posterior chain (back, glutes, hamstrings).
Dumbbell Bench Press	4 x 8-10	Targets chest, shoulders, and triceps, improving upper body pushing strength.
Barbell Squats	4 x 8-10	Works the entire lower body (quads, hamstrings, glutes) and builds core stability.
Pull-Ups (Weighted if possible)	4 x 8-10	Develops upper body strength, focusing on back, shoulders, and arms.
Kettlebell Swings	4 x 15	Explosive movement for glutes, hamstrings, and core, improving power and endurance.