

# Trust Yourself and Find What Works Best for You

The first thing I want to emphasize is the importance of **trusting yourself**. When it comes to fitness, no one workout is universally the best. The key is to experiment with different routines and find what works best for your body. Try various splits and exercises for each muscle group, and track which routines **give you the best results**.

Keep in mind that without a **proper diet**, progress will be slow. Focus on balanced nutrition, and consider adding supplements like **creatine, vitamins, and calcium** for better performance and recovery. Above all, consistency is crucial. Whether or not you're seeing immediate results, keep working hard—it's the only way to make lasting progress.

## ***My Workout Split (Two Muscle Groups per Day, Each Twice a Week)***

### **Monday** - Chest & Triceps

- Incline bench press: 3 sets
- Decline bench press: 3 sets
- Flat bench press: 3 sets
- Tricep extensions: 3 sets
- Overhead tricep extensions: 3 sets
- Tricep variation of your choice: 3 sets

### **Tuesday** - Back & Biceps

- Lateral pull-downs: 3 sets
- Back rows: 3 sets
- Seated back rows: 3 sets
- Dumbbell bicep curls: 3 sets
- Cable bicep curls: 3 sets
- Preacher curls: 3 sets
- Cable hammer curls: 3 sets

### **Wednesday** - Shoulders & Triceps

- Shoulder press: 3 sets
- Lateral raises: 3 sets
- Front raises: 3 sets
- Tricep extensions: 3 sets
- Overhead tricep extensions: 3 sets
- Tricep variation of your choice: 3 sets

### **Thursday** - Legs & Forearms

- Leg press: 6 sets
- Calf raises: 3 sets
- Hamstring curls and quadriceps extensions: 3 sets each

- Forearm exercises (3 variations): 3 sets each

### **Friday** - Chest & Triceps (Repeat)

- Incline bench press: 3 sets
- Decline bench press: 3 sets
- Flat bench press: 3 sets
- Skull crushers: 6 sets
- Tricep extensions: 3 sets

### **Saturday** - Back & Biceps (Repeat)

- Lateral pull-downs: 3 sets
- Back rows: 3 sets
- Seated back rows: 3 sets
- Dumbbell bicep curls: 3 sets
- Cable bicep curls: 3 sets
- Preacher curls: 3 sets
- Cable hammer curls: 3 sets

### ***Additional Tips:***

- **Stay Hydrated:** Drink plenty of **water** before your workout.
- **Pre-Workout Meal:** Have a light meal or consume some carbohydrates to **fuel** your body.
- **Post-Workout Supplements:** Take supplements, such as protein or creatine, **within 15 minutes** after your workout for optimal recovery.
- **Natural Pre-Workouts:** Try natural energy boosters like **ginger, honey, and a pinch of salt**.

## ***Current High-Intensity Workout Routine (130 Reps per Exercise)***

### **Monday** – Back

- Back pulls: 5 sets of 25 reps
- Seated back rows: 5 sets of 25 reps
- Back rows: 5 sets of 25 reps

### **Tuesday** – Shoulders

- Shoulder press: 5 sets of 25 reps
- lateral raises: 5 sets of 25 reps
- front raises: 5 sets of 25 reps
- shrugs: 5 sets of 25 reps

### **Wednesday** – Chest

- Flat bench press: 5 sets of 25 reps
- Incline bench press: 5 sets of 25 reps
- Decline bench press: 5 sets of 25 reps

## **Thursday – Legs**

- Deadlifts (start from 50 kg and increase as you can)
- Squats: 5 sets of 25 reps
- Calf raises: 5 sets of 25 reps

## **Friday – Triceps & Forearms**

- Skull crushers: 5 sets of 25 reps
- Tricep extensions: 5 sets of 25 reps
- Overhead tricep extensions: 5 sets of 25 reps
- Forearm exercise variation: 5 sets of 25 reps

## **Saturday – Biceps & Forearms**

- Cable bicep curls
- Cable hammer curls
- Preacher curls
- Back-supported dumbbell bicep curls
- Additional forearm workout

## **Sunday – Football/Cardio**

## ***Final Thoughts:***

This routine is based on my personal experience. It's important to find what works best for you by trying different methods and exercises. The path to success is unique for everyone. Experiment, adapt, and most importantly—stay strong!

This version maintains your message's core content but organizes it in a more professional and structured way. Let me know if you need any further adjustments!