

# Workout Program

## Weekly

#Days/Exercises	Monday ( <i>ABS-LEG</i> )	Tuesday ( <i>Chest</i> )	Wednesday	Thursday ( <i>Shoulder</i> )	Friday ( <i>Back</i> )	Saturday	Sunday <i>*(ARMS) *</i>
	Hardstyle plank	Side bend	REST DAY	Lateral raise	Reverse flye	REST DAY	Seated Concentrated Curl
	Push-Ups	Floor press	REST DAY	Front raise	Bent Over Row	REST DAY	Biceps curl
	Squat	Pullover	REST DAY	Arnold press	Dead bug	REST DAY	Hammer curl
	Lateral Lunge	Lying Fly	REST DAY	Reverse flye	Bend to Opposite Foot	REST DAY	Triceps extension
	Upright Row	Leg Drops	REST DAY	Push-Ups	Triceps extension	REST DAY	Triceps kick-back
	Hammer curl	Crunch	REST DAY	Hardstyle plank	Palms-Up-Dows Wrist Curl	REST DAY	Close-Grip Pushup
	Triceps extension	Shoulder Press	REST DAY	Toe Raise	Pullover ( <i>Not-Seated</i> )	REST DAY	Palms-Up Wrist Curl
	Bend to Opposite Foot	Hammer bent-over row	REST DAY	Squat	Dead Lift	REST DAY	Palms-Down Wrist Curl
	Shrug	Dead Lift	REST DAY	Biceps curl	Seated Concentrated Curl	REST DAY	Side bend

## All Exercises

#Muscle Group	1	2	3	4	5	6
ABS	Leg Drops	Side bend	Side Plank	Hardstyle plank	Dead bug	Crunch
Chest	Floor press	Pullover	Push-Ups	Close Grip Pushup on Dumbbell	Lying Fly	
Shoulder	Lateral raise	Arnold press	Front raise	Upright Row	Shoulder Press	Shrug
Biceps	Biceps curl	Hammer curl	Seated Concentrated Curl			
Trieceps	Triceps extension	Triceps kick-back	Lying Triceps Extension	Close-Grip Pushup		
Forearms	Palms-Up Wrist Curl	Palms-Down Wrist Curl				
Back	Hammer bent-over row	Reverse flye	Bent Over Row	Bend to Opposite Foot	Wide Row	
Leg	Squat	Lunge	Lateral Lunge	Toe Raise	Dead Lift	

*Halo:* Stand tall holding a dumbbell in both hands in front of your face. Raise it and move it around your head in a clockwise direction. Do all the reps, then repeat in an anti-clockwise direction

*Arnold press:* Stand tall with a dumbbell in each hand at shoulder height with palms facing you. Press the weights directly overhead, rotating your wrists as you lift, until your arms are straight, then lower them back to the start