

Workout Program

3-Days on Week (Not-strict)

First Day	Second Day	Third Day
Squat	Lateral Lunge	Dead Lift
Floor Press	Lateral Raise	Seated Concentrated Curl
Crunch	Front Raise	Biceps Curl
Lying Fly	Arnold Press	Hammer Curl
Leg Drops	Reverse Flye	Triceps extension
Pullover	Bend to Opposite Foot	Triceps kick-back
Dead Bug	Hardstyle plank	Close-Grip Pushup
Shoulder Press	Toe Raise	Palms(Up-Down) Wrist Curl
Hammer bent-over row	Shrug	Reverse Curls
Wide Row	Upright Row	Side bend

5-Days on Week (Strict)

#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	Seated Russian Twist	(-)	Lateral Raise	Reverse Flye	(-)	Seated Concentrated Curl
	Push-Ups	Floor Press	(-)	Front Raise	Bent Over Row	(-)	Biceps Curl
	Squat	Pullover	(-)	Arnold Press	Dead Bug	(-)	Hammer Curl
	Lateral Lunge	Lying Fly	(-)	Reverse Flye	Bend to Opposite Foot	(-)	Triceps extension
	Upright Row	Leg Drops	(-)	Push-Ups	Triceps extension	(-)	Triceps kick-back
	Hammer Curl	Crunch	(-)	Hardstyle plank	Palms-Up-Dows Wrist Curl	(-)	Close-Grip Pushup
	Triceps extension	Shoulder Press	(-)	Toe Raise	Pullover (<i>Not-Seated</i>)	(-)	Palms(Up-Down) Wrist Curl
	Bend to Opposite Foot	Hammer bent-over row	(-)	Squat	Dead Lift	(-)	Reverse Curls
	Shrug	Dead Lift	(-)	Biceps Curl	Seated Concentrated Curl	(-)	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	Reverse Curls	Zottman 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	

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