

## Workout Schedule

### Overweight Schedule 01

Exercise	Sets	Kg	Rest Time(min)
Incline Press	10-10-10	5	1
DB Chest Fly	10-10-10-10	5	1
Bench Press	10-10-10-10	5	1
Overhead Press	10-10-10-10	5	1
Front Raises	10-10-10-10	10	2
Side Raises	10-10-10-10	5	1
Bent over Raises	10-10-10-10	5	1
Cable Fly	10-10-10-10	10	2
Bar Dips	10-10-10-10	-	1
Leg Press	10-10-10-10	25	2
Leg Curl	10-10-10-10	25	2
Push-up	10-10-10-10	-	1
Scott	10-10-10-10	30	2

### Overweight Schedule 02

Exercise	Sets	Kg	Rest Time(min)
Incline Press	10-10-10	20	2
DB Chest Fly	12-10-8-8	15	1
Bench Press	12-10-8-8	5	1
Overhead Press	12-10-8-8	5	1
Front Raises	12-10-8-8	10	2
Side Raises	12-10-8-8	5	1
Bent over Raises	12-10-8-8	5	1
Cable Fly	12-10-8-8	10	2
Bar Dips	12-10-8-8	-	1
Leg Press	12-10-8-8	25	2
Leg Curl	12-10-8-8	25	2
Push-up	12-10-8-8	-	1
Scott	12-10-8-8	30	2

### Overweight Schedule 03

Exercise	Sets	Kg	Rest Time(min)
Incline Press	15-12-10-8	15	2
DB Chest Fly	15-12-10-8	5	1
Bench Press	15-12-10-8	15	2
Overhead Press	15-12-10-8	5	1
Front Raises	15-12-10-8	15	2
Side Raises	15-12-10-8	5	1
Bent over Raises	15-12-10-8	5	1

Cable Fly	15-12-10-8	10	2
Bar Dips	15-12-10-8	-	1
Leg Press	15-12-10-8	25	2
Leg Curl	15-12-10-8	25	2
Push-up	15-12-10-8	-	1
Scott	15-12-10-8	30	2

#### Average Weight Schedule 01

Exercise	Sets	Kg	Rest Time(min)
Incline Press	10-10-10	15	2
DB Chest Fly	10-10-10	15	2
Bench Press	10-10-10	10	2
Overhead Press	10-10-10	5	2
Front Raises	10-10-10	10	2
Side Raises	10-10-10	5	2
Bent over Raises	10-10-10	5	2
Cable Fly	10-10-10	10	2
Bar Dips	10-10-10	-	2
Leg Press	10-10-10	25	2
Leg Curl	10-10-10	25	2
Push-up	10-10-10	-	2
Scott	10-10-10	30	2

#### Average Weight Schedule 02

Exercise	Sets	Kg	Rest Time(min)
Incline Press	10-8-6	25	2
DB Chest Fly	10-8-6	20	2
Bench Press	10-8-6	10	2
Overhead Press	10-8-6	5	2
Front Raises	10-8-6	10	2
Side Raises	10-8-6	5	2
Bent over Raises	10-8-6	5	2
Cable Fly	10-10-8	10	2
Bar Dips	10-10-10	-	2
Leg Press	10-8-6	20	2
Leg Curl	10-8-6	20	2
Push-up	10-10-10	-	2
Scott	8-8-6-6	25	2

#### Average Weight Schedule 03

Exercise	Sets	Kg	Rest Time(min)
Incline Press	10-8-6	20	2

DB Chest Fly	10-8-6	25	2
Bench Press	10-10-10	15	2
Overhead Press	10-8-6	10	2
Front Raises	10-8-6	15	2
Side Raises	10-8-8	10	2
Bent over Raises	10-8-6	5	2
Cable Fly	10-10-8	15	2
Bar Dips	10-10-10	-	2
Leg Press	10-8-6	25	2
Leg Curl	10-8-6	25	2
Push-up	10-10-10	-	2
Scott	8-8-6-6	30	2

#### Lower Weight Schedule 01

Exercise	Sets	Kg	Rest Time(min)
Incline Press	10-10-10	5	2
DB Chest Fly	10-10-10	5	2
Bench Press	10-10-10	10	2
Overhead Press	10-10-10	5	2
Front Raises	10-10-10	10	2
Side Raises	10-10-10	5	2
Bent over Raises	10-10-10	5	2
Cable Fly	10-10-10	10	2
Bar Dips	10-10-10	-	2
Leg Press	10-10-10	10	2
Leg Curl	10-10-10	10	2
Push-up	10-10-10	-	2
Scott	10-10-10	10	2

#### Lower Weight Schedule 02

Exercise	Sets	Kg	Rest Time(min)
Incline Press	10-6-6	5	2
DB Chest Fly	10-6-6	5	2
Bench Press	10-6-6	10	2
Overhead Press	10-6-6	5	2
Front Raises	10-6-6	10	2
Side Raises	10-6-6	5	2
Bent over Raises	10-6-6	5	2
Cable Fly	10-6-6	10	2
Bar Dips	10-6-6	-	2
Leg Press	10-6-6	10	2
Leg Curl	10-6-6	10	2
Push-up	10-6-6	-	2
Scott	10-6-6	10	2

