

on small muscles grp hit dips and pull ups and skipping will
be half intensity

chest 1

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|---|
| dips and double bar 2 sets warm up |
| Barbell Flat Bench Press 3 x 8 -12 |
| Incline bench Press 3 X 8 -12 |
| Dumbbell Pullover/Incline flys 2 x 10 - 12 |
| decline barbell/machine 3 x 10 - 12 |
| cable flys 3 x 10 - 12 drop |
| pec-dec drop set |
| chest press seated machine front 3 x 8 -12 |

shoulder 1

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| Barbell Overhead Press 3 x 10-12 |
| plate Front Raises 3 x 10 - 12 |
| side Lateral Raises 3 x failure |
| arnold press 3 x 10 -12 |
| reverse barpress / lat pull down 3 x 10-12 |
| shrugs (dumbbells / smith machine) 3 x failure |

back 1

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|--|
| deadlifts 2 x 10 - 12 |
| Pull-ups 3 x 8 - 10 |
| Wide Grip Lat Pulldown 3 x 10 -12 |
| Barbell Bent-Over Row 3 x 10 -12 |
| One Arm Dumbbell Rowing 3 x 10-12 |
| rear delts 3 x 10 - 12 |
| bar pull down 3 x failures |
| shrugs (dumbbells / smith machine) 3 x failure |

legs 1

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|---|
| Front Squats/ close squats 3 x 10 - 12 (last drop) |
| Leg Press 3 x 10 - 12 |
| Leg Curl 3 x 10 - 12 |
| leg extensions 3 x 10 - 12 |
| lunges 3 x 10 - 12 |
| Calf Raise 4 X 8 – 10 |

arms

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| close hand Pushup - faliure |
| skull crusher 3 x 10- 12 |
| rope push down 3 x 10 - 12 |
| dumbell kickbacks 3 x (drop sets) |
| Dumbell Hammer Curls 3 x 12-15 reps |
| Reverse curls machine dropsets 2 x |
| bicep machine curls super set 2 x |
| Concentration Curl 3 x 10 - 12 (last drop set) |

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|-------------------------------------|
| lower abs 2 X 10 – 15 |
| bicycle crunches 3 x 15 - 20 |
| Leg raises 3 x 15 -20 |
| Russian twists 3 x 15 - 20 |
| side Plank 1 - 2 min hold |

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chest 2

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|---|
| flat dumbbell press 3 x 10 -12 |
| Incline Dumbbell Press 3 X 8 -12 |
| chest press seated machine front 3 x 8 -12 |
| Dumbbell Pullover/Incline flys 2 x 10 - 12 |
| flat dumbbell press 3 x 10 -12 |
| decline barbell/machine 3 x 10 - 12 |
| cable flys 3 x 10 - 12 drop |
| pec-dec drop set |

shoulder 2

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| dumble Overhead Press 3 x 10-12 |
| DB Front Raises 3 x 10 - 12 |
| side Lateral Raises 3 x failiure |
| arnold press 3 x 10 -12 |
| reverse barpress / lat pull down 3 x 10-12 |
| shrugs (dumbbells / smith machine) 3 x failure |

back 2

| |
|--|
| deadlifts 2 x 10 - 12 |
| Pull-ups 3 x 8 - 10 |
| reverse grip Lat Pulldown 3 x 10 -12 |
| T bar rowing 3 x 10-12 |
| seated rows 3 x 10 - 12 |
| Face pull 3 x 10 - 12 |
| bar pull down 3 x failures |
| shrugs (dumbbells / smith machine) 3 x failure |

legs 2

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|--|
| Back Squats 4 x 10 - 12 (last drop) |
| Leg Press 2 x 10 - 12 |
| Bulgarian split squats 3 x 10 - 12 |
| Leg Curl 3 x 10 - 12 |
| leg extensions 3 x 10 - 12 |
| Calf Raise 3 X 8 – 10 |

arms 2

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|--|
| Dips (double bar / assisted machine) 3 x 8 -12 |
| Incline Dumbbell Overhead Extension 3 x 10 - 12 |
| close grip smith machine 3 x 10 - 12 (drop set) |
| Triceps Pushdown with Bar 3 x 10 - 12 |
| Standing bar Bicep Curl cls/ wide 3 x 10 - 12 |
| DB incline Alternate Bicep curl 3 x 10 - 12 |
| Preacher Curl 3 x 10 - 12 (last drop set) |
| Rope Hammer Curls 2 x 12-15 reps |

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| flutter kicks 3 X 15 - 20 |
| crunchs Sits up 3 x 15 - 20 |
| machine crunchs abs 3 x 15 - 20 |
| Plank 1 - 2 min hold |