

Day 1:

1. Squats ( 4 \* 8-12 reps)
2. Bench press ( 4 \* 8 -12 reps)
3. Bent over rows ( 4 \* 8 -12 reps)
4. Side lateral raises ( 3 \* failure)
5. Bicep Curls ( 3 \* failure )
6. Triceps extensions ( 3 \* failure)
7. Dips ( double bar) ( 3 \* failure )

Day 2:

1. Deadlift ( 4 \* 8 – 12 reps )
2. Standing military press ( 4 \* 8 -12 reps)
3. Pulls ups ( close grip ) ( 4 \* 8 -10 reps)
4. Leg curls ( 3 \* failure )
5. Calf raises ( 3 \* failure)
6. Shrugs ( 3 \* failure )
7. Rear dealts ( 3 \* failure)

Day 3:

1. Bench Press ( dumbbell 4 \* 8 -12 reps )
2. Incline dumbbell / machine press ( 4 \* 8 -12 reps)
3. Cable flies ( lower and upper) ( 3 \* failure)
4. Seated cable rows ( 3 \* failure)
5. Barbell curls ( 3 \* failure)
6. Triceps extension ( 3 \* failure)
7. Dips ( double bar ) ( 3 \* failure )

Day 4:

1. Lunges/ Bulgarian squats ( 4 \* 8 – 12 reps )
2. Reverse squats / hamstrings ( 4 \* 8 -12 reps)
3. Leg press ( 4 \* 8 – 12 reps)
4. Lat pull down ( 4 \* 8 -12 reps)
5. Hammer ( 3 \* failure)
6. Reverse flies machine / face pull over ( 3 \* failure )
7. Lateral raises ( 3 \* failure)

Day 5:

1. Dumbbell/ machine shoulder press ( 4 \* 8 -12 reps)
2. Wide pull ups ( 4 \* 8 – 10 reps)
3. Close grip bench press ( 4 \* 8 – 12 reps )
4. Dips ( double bar ) ( 3 \* failure)
5. Leg extensions ( 3 \* failure)
6. Calf raises ( 3 \* failure )
7. Shrugs ( 3 \* failure )

Day 6:

1. Cardio (skipping/ walk 15—20 min )
2. Concentrated curls (3 \* failure )
3. Front raises / Arnold press (3 \* failure )
4. T bar (3 \* failure)
5. Back bar/ rope pull down (3 \* failure )