

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 ) optional

Day 2:

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 flys machine / face pull over ( 3 \* failure )

Day 3:

1. Bench Press ( dumbbell 4 \* 8 -12 reps )
2. Incline dumbbell / machine press ( 4 \* 8 -12 reps)
3. Cable flys ( 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 ) optional

Day 4:

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 )
6. Shoulder press ( 3 \* 8 -12 reps)
7. Side lateral raised ( 3 \* 8 -12 reps)