

With Gym:- (Mens)

Beginner level:-

For All Days:- (week)

Warm-Up: 5-7 minutes

- Perform light cardio (treadmill, stationary bike) to increase your heart rate and warm up your muscles.

1. **Barbell Squats** (3 sets of 10 reps)

- Place a barbell on your upper back and shoulders.
- Perform squats, keeping your back straight and chest up.

2. **Lat Pulldowns** (3 sets of 10 reps)

- Sit at the lat pulldown machine and grip the bar wider than shoulder-width.
- Pull the bar down to your chest, engaging your lats and upper back.

3. **Dumbbell Bench Press** (3 sets of 10 reps)

- Lie on a bench and hold a dumbbell in each hand at chest level.
- Press the dumbbells up towards the ceiling, then lower them back down.

4. **Seated Leg Press** (3 sets of 12 reps)

- Sit in the leg press machine and place your feet shoulder-width apart on the platform.
- Push the platform away from you by extending your legs, then bend your knees to return to the starting position.

5. **Dumbbell Rows** (3 sets of 10 reps)

- Stand with a dumbbell in each hand, hinge at the hips, and slightly bend your knees.
- Pull the dumbbells towards your hips while squeezing your shoulder blades together.

6. **Machine Chest Flyes** (3 sets of 12 reps)

- Sit at the chest fly machine, hold the handles, and extend your arms.
- Bring the handles together in front of you, engaging your chest muscles.

7. **Cable Face Pulls** (3 sets of 12 reps)

- Attach a rope attachment to the high pulley of a cable machine.

	<ul style="list-style-type: none"> • Pull the rope towards your face, targeting your rear deltoids and upper back.
8.	Leg Extensions (3 sets of 12 reps)
	<ul style="list-style-type: none"> • Sit at the leg extension machine and place your ankles under the pad. • Extend your legs to lift the weight, focusing on your quadriceps.
9.	Plank (3 sets of 20-30 seconds)
	<ul style="list-style-type: none"> • Hold a plank position on your elbows and toes, engaging your core.
10.	Cool Down: 5-7 minutes
	<ul style="list-style-type: none"> • Perform gentle stretches for each major muscle group, holding each stretch for 15-30 seconds.

Intermediate level:-

For All Days:- (week)

Warm-Up: 5-7 minutes

- Perform light cardio (treadmill, stationary bike) and dynamic stretches to warm up your muscles.

1.	Barbell Back Squats (4 sets of 8 reps)
	<ul style="list-style-type: none"> • Place a barbell on your upper back and shoulders. • Perform squats, focusing on maintaining proper form and increasing weight gradually.
2.	Pull-Ups or Assisted Pull-Ups (4 sets of 8 reps)
	<ul style="list-style-type: none"> • Use an assisted pull-up machine or pull-up bar. • Pull your body up until your chin is above the bar, engaging your back and arms.
3.	Barbell Bench Press (4 sets of 8 reps)
	<ul style="list-style-type: none"> • Lie on a bench and grip the barbell slightly wider than shoulder-width. • Lower the barbell to your chest, then press it back up.
4.	Deadlifts (4 sets of 6 reps)
	<ul style="list-style-type: none"> • Stand with a barbell in front of you, feet hip-width apart. • Bend at the hips and knees to grip the bar, then stand up while keeping your back straight.
5.	Dumbbell Rows (4 sets of 10 reps)

	<ul style="list-style-type: none"> • Use a bench for support, hold a dumbbell in one hand, and row it towards your hip. • Focus on a controlled movement, squeezing your back muscles.
6.	Incline Dumbbell Press (4 sets of 8 reps) <ul style="list-style-type: none"> • Lie on an incline bench, holding a dumbbell in each hand at chest level. • Press the dumbbells up while maintaining control.
7.	Barbell Bent-Over Rows (4 sets of 8 reps) <ul style="list-style-type: none"> • Bend at the hips, holding a barbell with an overhand grip. • Pull the barbell towards your hips, engaging your upper back muscles.
8.	Leg Press (4 sets of 10 reps) <ul style="list-style-type: none"> • Use the leg press machine to perform controlled leg presses. • Focus on a full range of motion and proper form.
9.	Hanging Leg Raises (4 sets of 12 reps) <ul style="list-style-type: none"> • Hang from a pull-up bar and raise your legs to a 90-degree angle. • Engage your core throughout the movement.
10.	Cool Down: 5-7 minutes <ul style="list-style-type: none"> • Perform static stretches for each major muscle group, holding each stretch for 15-30 seconds.

Advanced level:-

For All Days:- (week)

Warm-Up: 5-7 minutes	
	<ul style="list-style-type: none"> • Perform light cardio (treadmill, stationary bike) and dynamic stretches to warm up your muscles.
1.	Barbell Squats (5 sets of 5 reps) <ul style="list-style-type: none"> • Load a barbell on your upper back and shoulders. • Perform squats with heavier weights, focusing on maintaining proper form.
2.	Weighted Pull-Ups (5 sets of 5 reps) <ul style="list-style-type: none"> • Attach a weight belt or hold a dumbbell between your feet. • Perform pull-ups with additional weight, engaging your back muscles.
3.	Barbell Bench Press (5 sets of 5 reps) <ul style="list-style-type: none"> • Lie on a bench and grip the barbell slightly wider than shoulder-width.

	<ul style="list-style-type: none"> Perform bench presses with heavier weights, ensuring proper technique.
4.	Deadlifts (5 sets of 3 reps) <ul style="list-style-type: none"> Use a barbell for deadlifts, focusing on heavy weights and proper form.
5.	Barbell Rows (4 sets of 6 reps) <ul style="list-style-type: none"> Stand with a barbell, hinge at the hips, and grip the bar with an overhand grip. Perform barbell rows with controlled movement, targeting your upper back.
6.	Incline Dumbbell Press (4 sets of 6 reps) <ul style="list-style-type: none"> Lie on an incline bench, holding heavy dumbbells. Perform incline presses with a focus on challenging weights.
7.	Barbell Bent-Over Rows (4 sets of 6 reps) <ul style="list-style-type: none"> Use a barbell and bend at the hips, performing bent-over rows with heavier weights.
8.	Barbell Lunges (4 sets of 8 reps each leg) <ul style="list-style-type: none"> Hold a barbell on your upper back and step forward into lunges. Alternate legs, challenging yourself with weight and control.
9.	Weighted Hanging Leg Raises (4 sets of 10 reps) <ul style="list-style-type: none"> Hang from a pull-up bar with added weight. Raise your legs to a 90-degree angle while engaging your core.
10.	Cool Down: 5-7 minutes <ul style="list-style-type: none"> Perform static stretches for each major muscle group, holding each stretch for 15-30 seconds.