

## ■■ SONU'S GYM BOOKLET – PREMIUM EDITION ■■





## ■■ WORKOUT PLAN (6-DAY SPLIT)

■ DAY 1 – BACK + REAR DELTS • Lat Pulldown – 4x12 • Seated Row – 4x10 • DB Row – 3x12 • Face Pull – 4x15 ■ DAY 2 – CHEST + TRICEPS • Bench Press – 4x10 • Incline DB – 4x12 • Dips – 3xMax ■ DAY 3 – SHOULDERS + TRAPS • DB Press – 4x10 • Lateral Raises – 5x15 • Shrugs – 4x12 ■ DAY 4 – BACK + ARMS • Pull-ups – 4xMax • Machine Row – 3x12 • Bicep Curls – 4x12 ■ DAY 5 – CHEST (UPPER) • Incline Bench – 5x8-10 • Fly – 4x12 ■ DAY 6 – LEGS + CORE • Squats – 4x10 • Leg Press – 4x12 • Planks – 3x1 min

## ■ DIET PLAN (For 60 KG Goal)

■ Morning: • Honey water + dry fruits ■ Breakfast: • 4 eggs / 150g paneer • Milk + banana ■  
Mid Meal: • Peanut butter bread / sprouts ■ Lunch: • 2 chapati + rice • Dal + Paneer/Chicken  
■ Pre Workout: • Banana + raisins ■ Post Workout: • Milk + Banana + Peanut Butter + Whey  
(optional) ■ Dinner: • Chicken/Paneer + chapati ■ Before Sleep: • Milk or paneer

## ■ SIDE BELLY FAT REDUCTION ROUTINE

- Side Plank – 3x45 sec • Russian Twist – 3x25 • Knee Raises – 3x12 • Cable Wood Chopper – 3x15 each

## ■ MOTIVATION WALL ■

“3 months of discipline = 3 years of confidence.” “Every rep brings you closer to your best physique.” “Don’t stop until you're proud.”