

■ SONU'S PREMIUM 6-DAY WORKOUT PLAN ■

DAY 1 — CHEST

1. Bench Press – 4x10
2. Incline DB Press – 4x12
3. Dips – 3xMax
4. Cable Fly – 3x15
5. Flat DB Fly – 3x12
6. Chest Press – 3x10
7. Push-ups – 2xMax

DAY 2 — BACK

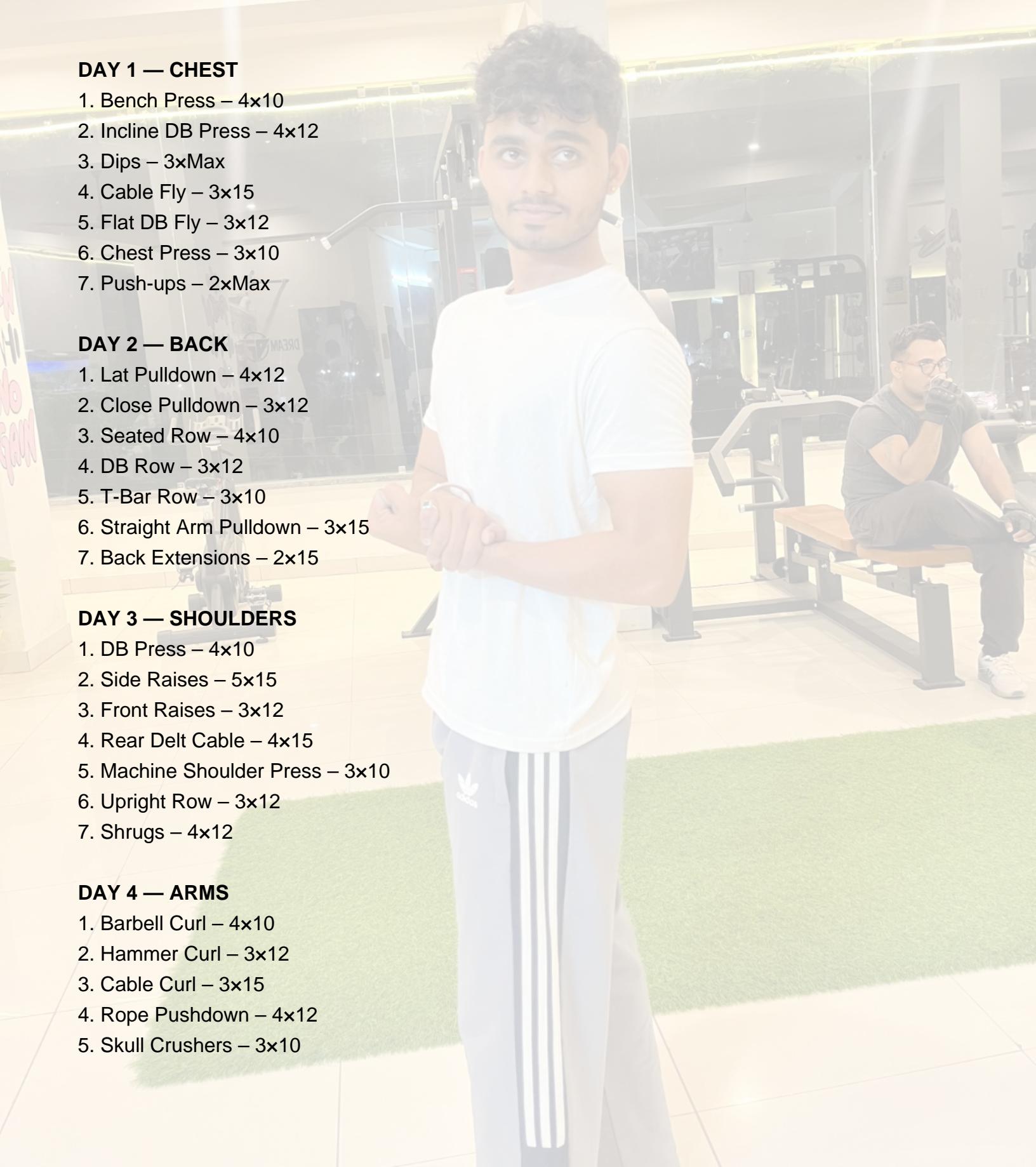
1. Lat Pulldown – 4x12
2. Close Pulldown – 3x12
3. Seated Row – 4x10
4. DB Row – 3x12
5. T-Bar Row – 3x10
6. Straight Arm Pulldown – 3x15
7. Back Extensions – 2x15

DAY 3 — SHOULDERS

1. DB Press – 4x10
2. Side Raises – 5x15
3. Front Raises – 3x12
4. Rear Delt Cable – 4x15
5. Machine Shoulder Press – 3x10
6. Upright Row – 3x12
7. Shrugs – 4x12

DAY 4 — ARMS

1. Barbell Curl – 4x10
2. Hammer Curl – 3x12
3. Cable Curl – 3x15
4. Rope Pushdown – 4x12
5. Skull Crushers – 3x10



6. One Arm DB Extension – 3x12
7. Tricep Dips – 2xMax

DAY 5 — CHEST + SHOULDERS

1. Incline Bench – 4x8–10
2. Flat DB Bench – 3x12
3. Cable Fly – 3x15
4. DB Shoulder Press – 4x10
5. Side Raises – 3x15
6. Rear Delt Machine – 3x15
7. Push-ups – 2xMax

DAY 6 — LEGS + CORE

1. Squats – 4x10
2. Leg Press – 4x12
3. Leg Extensions – 3x15
4. Hamstring Curl – 3x15
5. Calf Raises – 4x20
6. Lunges – 2x20 steps
7. Planks – 3x1 min

MOTIVATION:

“Train like a beast, look like a king.”