

■ SONU'S PREMIUM 6-DAY WORKOUT PLAN ■

DAY 1 — CHEST

1. Bench Press – 4×10
2. Incline DB Press – 4×12
3. Dips – 3×Max
4. Cable Fly – 3×15
5. Flat DB Fly – 3×12
6. Chest Press – 3×10
7. Push-ups – 2×Max

DAY 2 — BACK

1. Lat Pulldown – 4×12
2. Close Pulldown – 3×12
3. Seated Row – 4×10
4. DB Row – 3×12
5. T-Bar Row – 3×10
6. Straight Arm Pulldown – 3×15
7. Back Extensions – 2×15

DAY 3 — SHOULDERS

1. DB Press – 4×10
2. Side Raises – 5×15
3. Front Raises – 3×12
4. Rear Delt Cable – 4×15
5. Machine Shoulder Press – 3×10
6. Upright Row – 3×12
7. Shrugs – 4×12

DAY 4 — ARMS

1. Barbell Curl – 4×10
2. Hammer Curl – 3×12
3. Cable Curl – 3×15
4. Rope Pushdown – 4×12
5. Skull Crushers – 3×10

6. One Arm DB Extension – 3×12
7. Tricep Dips – 2×Max

DAY 5 — CHEST + SHOULDERS

1. Incline Bench – 4×8–10
2. Flat DB Bench – 3×12
3. Cable Fly – 3×15
4. DB Shoulder Press – 4×10
5. Side Raises – 3×15
6. Rear Delt Machine – 3×15
7. Push-ups – 2×Max

DAY 6 — LEGS + CORE

1. Squats – 4×10
2. Leg Press – 4×12
3. Leg Extensions – 3×15
4. Hamstring Curl – 3×15
5. Calf Raises – 4×20
6. Lunges – 2×20 steps
7. Planks – 3×1 min

MOTIVATION:

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