

Workout Plan

Day	Workout	Muscle Groups
Monday	Chest & Legs	Chest, Legs
Tuesday	Back & Shoulder	Back, Shoulder
Wednesday	Biceps Workout	Biceps, Triceps, Forearms
Thursday	Chest & Legs	Chest, Legs
Friday	Back & Shoulder	Back, Shoulder
Saturday	Biceps Workout	Biceps, Triceps, Forearms

Chest Workout (Monday, Thursday)

Exercise	Equipment	Reps	Sets	Rest Between Sets
Flat Push-ups	Bodyweight	50	4	30-45 sec
Incline Push-ups	Bodyweight	50	4	30-45 sec
Decline Push-ups	Bodyweight	50	4	30-45 sec
Bench Press	Barbell	20	4	45-60 sec
Bench Press	Dumbbells	20	4	45-60 sec
Incline Press	Barbell	20	4	45-60 sec
Incline Press	Dumbbells	20	4	45-60 sec
Decline Press	Barbell	20	4	45-60 sec
Decline Press	Dumbbells	20	4	45-60 sec

Leg Workout (Monday, Thursday)

Exercise	Sets	Reps	Equipment	Rest	Focus Area
Barbell Back Squat	4	8-12	Barbell	60-90s	Quads, Glutes
Romanian Deadlift	4	8-12	Barbell	60-90s	Hamstrings, Glutes
Walking Lunges	3	10/leg	Dumbbells	45-60s	Glutes, Balance
Bulgarian Split Squat	3	8-10/leg	Bodyweight	45-60s	Quads, Stability
Leg Press	4	12-15	Machine	60s	Full Legs
Standing Calf Raises	4	15-20	Bodyweight	30-45s	Calves

Back & Shoulder Workout (Tuesday, Friday)

Back

Exercise	Equipment	Reps	Sets	Rest Between Sets
Dumbbell Bent Over Row	Dumbbell	20	4	45-60 sec
Dumbbell Palm Bent Over Row	Dumbbell	20	4	45-60 sec
Barbell Back Row	Barbell	20	4	45-60 sec
Single T-Bar Row (L-R)	T-Bar	20	4	45-60 sec
Dumbbell Bent Over Row (L-R)	Dumbbell	20	4	45-60 sec

Shoulder

Exercise	Equipment	Reps	Sets	Rest Between Sets
Barbell Overhead Press	Barbell	20	4	45-60 sec
Behind Head Military Press	Barbell	20	4	45-60 sec
Barbell Front Raise	Barbell	20	4	45-60 sec
Barbell Wide Grip Upright Row	Barbell	20	4	45-60 sec
Dumbbell Arnold Press	Dumbbell	20	4	45-60 sec
Dumbbell Lateral Raises	Dumbbell	20	4	45-60 sec
SXD Standing Rear Fly	Dumbbell	20	4	45-60 sec
Side Shrug	Dumbbell	20	4	45-60 sec

Biceps, Triceps & Forearms Workout (Wednesday, Saturday)

Biceps

Exercise	Equipment	Reps	Sets	Rest Between Sets
Dumbbell Biceps Curls	Dumbbell	20	4	45-60 sec
Dumbbell Inward Biceps Curls	Dumbbell	20	4	45-60 sec
Dumbbell Hammer Curls	Dumbbell	20	4	45-60 sec
Zig Zag Rod - Full Down Up	Zig Zag Rod	-	-	45-60 sec
Barbell Biceps Curls	Barbell	20	4	45-60 sec

Triceps

Exercise	Equipment	Reps	Sets	Rest Between Sets
Diamond Push-ups	Bodyweight	50	4	45-60 sec

Dumbbell Dips	Dumbbell	20	4	45-60 sec
One Arm Kick Back (R-L)	Dumbbell	20	4	45-60 sec
One Arm Overhead (R-L)	Dumbbell	20	4	45-60 sec
Dumbbell Overhead Extension	Dumbbell	20	4	45-60 sec
Barbell Overhead Extension	Barbell	20	4	45-60 sec

Forearms

Exercise	Equipment	Reps	Sets	Rest Between Sets
Barbell Reverse / Straight - Wrist Curls	Barbell	20	4	45-60 sec
EZ Bar Reverse Curls	EZ Bar	20	4	45-60 sec
Dumbbell Seated Wrist Curls	Dumbbell	20	4	45-60 sec
Barbell Bench Press Wrist Curls (Reverse & Straight)	Barbell	20	4	45-60 sec
Dumbbell Wrist Rotations	Dumbbell	20	4	45-60 sec