

Day 01 (chest, shoulders, triceps)

1.Seated dumbbell (db) pullover = 8 + 3

2.Barbell bench press = 10 + 8 + 8 + 8

3. Dumbbell (db) Press = 8 + 3

4.Incline machine press = 10 + 3

5.Chest press machine = 10 + 8 + 8

6.Incline dumbbell (db) fly = 8 + 3

7.Pec deck fly machine = 8 + 3

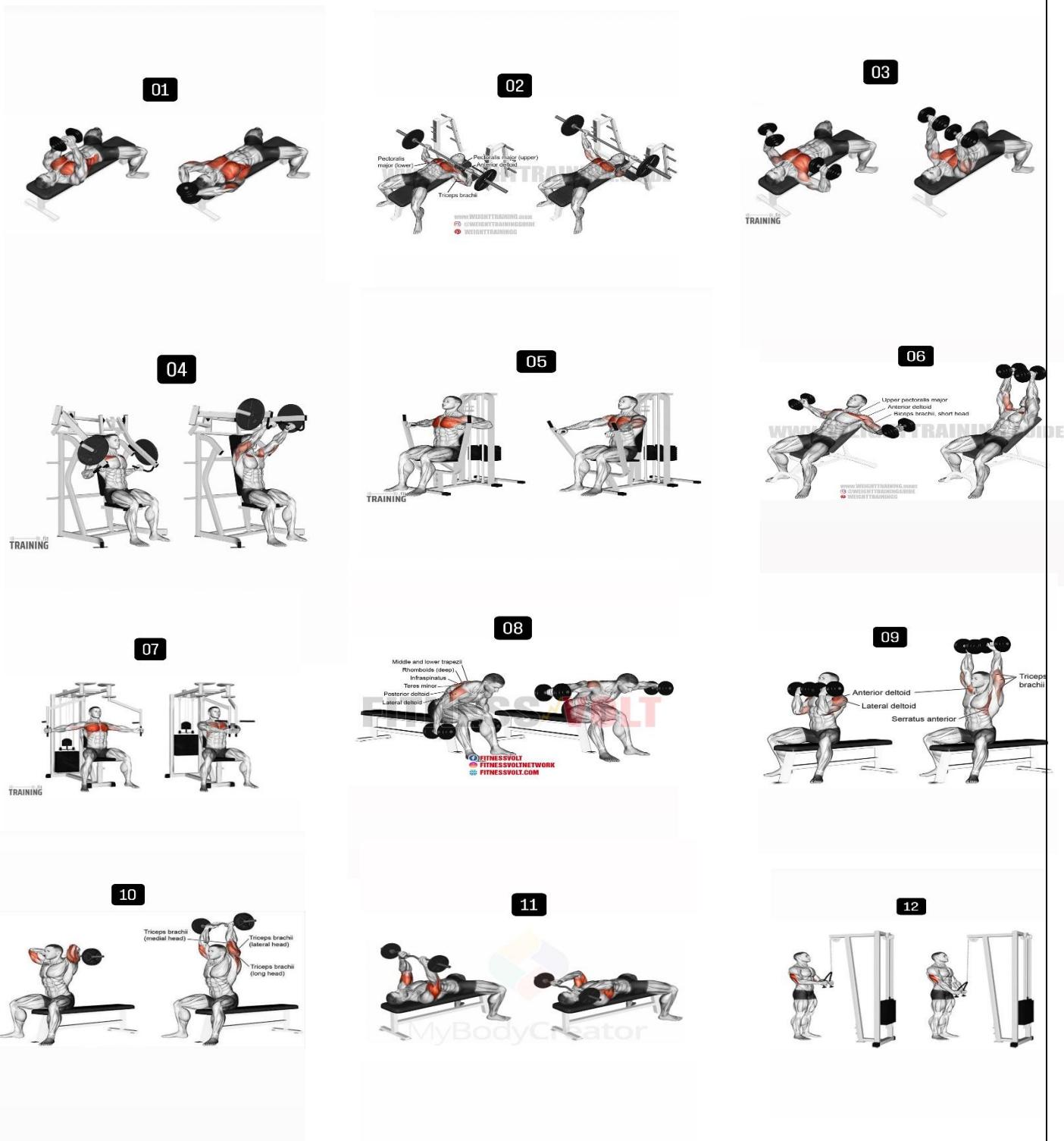
8.seated dumbbell (db)bent over lateral raise= 8 + 3

9.Arnold press = 8 + 3

10.ez bar overhead triceps extension = 8 + 3

11.Ez bar triceps lying down = 8 + 3

12.triceps pushdown rope = 10 + 3



Day 02

01. Ez bar upright row = 8 + 3

02. Lat pull down = 10 + 3

03. vertical traction machine = 10 + 3

04. Seated cable rowing = 10 + 8 + 8

05. Close grip v bar lat pull down = 8 + 3

06. Reverse pecdeck fly = 8 + 3

07. Ez bar curls = 10 + 3

08. Incline dumbbell curls =8+3

09. concentration curls = 8 + 3

