

STRENGTH TRAINING : 8 Weeks (STAGE 1)

Workout Days- 5 Days; Cardio Days -1 Day ; Rest- 1 Day				
DAY 1 : LEGS				
Variation	Exercise	Sets	Reps	Rest (min)
1	Rowing	4	500m Sprint	1.5
2	Barbell Squats	4	10-12	1.5
3	Dumbell walking Lunges	4	15 steps	1.5
4	Leg Press	4	10-12	1.5
5	Calf Raises	4	15	45secs
6	Hamstring, Quad and Calf stretches	2	per workout body part	
DAY 2: BACK				
Variation	Exercise	Sets	Reps	Rest (min)
1	Wide Grip Pull Ups	4	15	45secs
2	Lat Pull Down	4	15	1
3	Seated Rowing	4	15	1
4	Deadlifts	4	12	1
5	Back Extentions	4	12	1
6	Stretches	2	per workout body part	
DAY 3: CHEST				
Variation	Exercise	Sets	Reps	Rest (min)
1	Push ups	4	12	45 secs
2	BenchPress	4	12	1
3	Inclined DB Flies	4	12	1.5
4	Declined DB Press	4	12	1
5	Lying Overhead DB Extension	4	12	1.5
6	Dips	4	to Failure	45 secs
7	Stretches	2	per workout body part	
DAY 4: SHOULDERS AND LEGS				
Variation	Exercise	Sets	Reps	Rest (min)
1	Close Grip Chin ups	4	15	45 secs
2	Clean and Press	4	12	1.5
3	Side Raises	4	12	1
4	Front Upright Lift	4	12	1
4	Front Rises	4	12	1
5	DB Shoulder Press	4	12	1
6	Standing BB Shrugs	4	10	1
7	Stretches	2	per workout body part	
DAY 5: CARDIO AND ABS				
Variation	Exercise	Sets	Reps	Rest (min)
1- SS	SPRINT - 1000FT FAST, 500FT PACED	5		0
	RUSSIAN TWISTS	5	20	0
2- SS	Farmers Walk - 50 pounds	5	20 steps	0
	Leg Raises	5	25	0
3 -SS	Sipiderman	5	25	0
	Sleeping Bicycles	5	25	0
4-SS	Planks	3+	To failure	0
	Side Planks	3+		0
5	Cycling - SPRINT + PACED - 12 Resistance	1	10 mins- 2 min S + 30 sec P	
6	Stretches	2	per workout body part	
DAY 6: ARMS				
Variation	Exercise	Sets	Reps	Rest (min)
1	Close Grip Chin ups	4	15	45 secs
2	Seated Tricep Dips	4	15	45 secs
3	Seated DB Curls - Back Rested	4	15	45 secs
4	Hammer Triceps Extention - DB	4	15	45 secs
5	Barbel Curls	4	15	45 secs
6-SS	Planks	3+	To failure	0
	Side Planks	3+		0
7	Stretches	2	per workout body part	
DAY 7: REST				