

Exercise Plan:

Day 1 Chest,Abs

Exercises:

- Flat Barbell Bench Press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Mid chest
- Video:<https://youtu.be/CjHIKDQ4RQo?si=fPtig6PnwmNmveJh>
- Incline Barbell Bench Press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Upper chest
- Video:<https://youtu.be/2jFFCy8JBU8?si=D4f08moW8OAODIfc>
- Decline Barbell Bench Press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Lower chest
- Video:<https://youtu.be/iVh4B5bJ5OI?si=adR1mOz6sDhAoDZx>
- Pec Deck Flies: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall chest
- Video:https://youtu.be/eGjt4lk6g34?si=8AdkB1_BIO96Mat3
- Cable crossover – Incline chest: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Upper chest
- Video:https://youtu.be/bptdQtH7IQA?si=B3oOGtuSBC_9kQLj
- Decline ab crunch: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Lower abs
- Video:<https://youtu.be/kLh-uczIPLg?si=AeWeYbM5JguGWmz6>
- Hanging leg raises: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Lower abs
- Video:<https://youtu.be/7FwGZ8qY5OU?si=21smaP9eTB1mJFRL>
- Back supported leg raises: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Lower abs
- Video:<https://youtu.be/FSXXv8BL-yg?si=Di5HFah66OiBCZUv>

Day 2 Back

Exercises:

- Rack Pulls : Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Overall back
- Video:<https://youtu.be/9vYBWV5OeKg?si=3EcNx4cupZRmuU2>

- Lat pull downs (overhand grip): Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Upper back/lats
- Video:https://youtu.be/JGeRYIZdojU?si=RyNUT_7TrgicjOog

- Seated cable rows: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Mid back
- Video:https://youtu.be/IJoozxC0Rns?si=-MKhqR2_aR4uE6Lu

- Back Hyperextensions: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Lower back
- Video:<https://youtu.be/qtjJUWCnDyE?si=fJNRchl1s2DKcfsy>

Day 3 undefined

Rest day

Day 4 Biceps,Triceps

Exercises:

- Incline dumbbell curl (bench): Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall biceps
- Video:<https://www.youtube.com/watch?v=FM7725AeXPA>
- Barbell curl straight bar: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall biceps
- Video:<https://www.youtube.com/watch?v=dDI8C1xRS04>
- Bicep Standing alternate dumbbell curl: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall biceps
- Video:https://youtube.com/shorts/FHY_2t7R714?si=HNz-fOnQg83NpZHj
- Close grip bench press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Overall triceps
- Video:<https://www.youtube.com/watch?v=DzA2xZhDGeo>

- Triceps EZ bar skull crusher: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall triceps
- Video:<https://www.youtube.com/watch?v=jR7Y5YcugYc>
- Triceps Dumbbell skull crusher: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall triceps
- Video:<https://www.youtube.com/watch?v=jO2Jl9eZpXk>

Day 5 Shoulder,Abs

Exercises:

- Barbell overhead press Standing: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Overall shoulders
- Video:<https://youtu.be/ZXpdJOLNoWw?si=DHn1t3q2-2kpYEnk>
- Dumbbell side lateral raise: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Side delts
- Video:<https://youtu.be/OuG1smZTsQQ?si=wHbHE3CMjll9fP7a>
- Rear delt flies: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Rear delts
- Video:https://youtu.be/nlkF7_2O_Lw?si=sh_T1_hQ5t9GIEZh
- Dumbbell Shrugs: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Traps
- Video:<https://youtu.be/qIR5YmXbg6k?si=C8MH2PtkJw0PHTb->
- Decline ab crunch: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Lower abs
- Video:<https://youtu.be/kLh-uczIPLg?si=AeWeYbM5JguGWmz6>
- Hanging leg raises: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Lower abs
- Video:<https://youtu.be/7FwGZ8qY5OU?si=21smaP9eTB1mJFRL>
- Back supported leg raises: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Lower abs
- Video:<https://youtu.be/FSXXv8BL-yg?si=Di5HFah66OiBCZUv>

Day 6 undefined

Rest day

Day 7 Legs,Abs

Exercises:

- Barbell back squats: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Quads
- Video:<https://www.youtube.com/watch?v=rrJlyZGIK8c>

- Barbell front squats: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Quads
- Video:<https://www.youtube.com/watch?v=l5GaxSYLCSc>

- Smith Machine back squats: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Quads
- Video:<https://www.youtube.com/shorts/xU4cuTffVZc>

- Romanian deadlifts (RDL): Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Hamstrings
- Video:<https://www.youtube.com/watch?v=amLSSb8cXok>

- Barbell Hip thrusts: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Glutes
- Video:<https://www.youtube.com/watch?v=9ECcS84xNI8>

- Seated Calf raises: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Calves
- Video:<https://www.youtube.com/shorts/vCOIZ-zk80o>

- Decline ab crunch: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Lower abs
- Video:<https://youtu.be/kLh-uczIPLg?si=AeWeYbM5JguGWmz6>

- Hanging leg raises: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Lower abs
- Video:<https://youtu.be/7FwGZ8qY5OU?si=21smaP9eTB1mJFRL>

- Back supported leg raises: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Lower abs
- Video:<https://youtu.be/FSXXv8BL-yg?si=Di5HFah66OiBCZUv>

Diet Plan: