

## Exercise Plan:

### Day 1 Push

#### Exercises:

- Decline push up: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Upper chest
- Video:<https://www.youtube.com/watch?v=QBIYp-EwHlo>
  
- Flat Barbell Bench Press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Mid chest
- Video:<https://youtu.be/CjHIKDQ4RQo?si=fPtig6PnwmNmxEjH>
  
- Chest dips: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Lower chest
- Video:<https://youtu.be/4la6BkUBLgo?si=-4nXlpmqzMlwX52O>
  
- Pec Deck Flies: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall chest
- Video:[https://youtu.be/eGjt4lk6g34?si=8AdkB1\\_BIO96Mat3](https://youtu.be/eGjt4lk6g34?si=8AdkB1_BIO96Mat3)
  
- 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](https://youtu.be/nlkF7_2O_Lw?si=sh_T1_hQ5t9GIEZh)
  
- Triceps Dumbbell skull crusher: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall triceps
- Video:<https://www.youtube.com/watch?v=jO2Jl9eZpXk>
  
- Triceps overhead dumbbell press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall triceps
- Video:[https://youtu.be/7h3IG2WnLXg?si=dtjtO4zcHf\\_3cfgf](https://youtu.be/7h3IG2WnLXg?si=dtjtO4zcHf_3cfgf)

### Day 2 Pull

## Exercises:

- T-Bar Rows: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Overall back
- Video:[https://youtu.be/hYo72r8lvso?si=0lq\\_KaGabsL4crG8](https://youtu.be/hYo72r8lvso?si=0lq_KaGabsL4crG8)
- Inverted pull ups: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Upper back/lats
- Video:[https://youtu.be/9fltzu9lok?si=Bv5e\\_UsnEOdMU9Fp](https://youtu.be/9fltzu9lok?si=Bv5e_UsnEOdMU9Fp)
- Lat pull downs (underhand grip): Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Upper back/lats
- Video:<https://youtu.be/SNiwpA13ZLU?si=alqegnZRSkVwJTKm>
- Seated cable rows: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Mid back
- Video:[https://youtu.be/lJoozxC0Rns?si=-MKhqR2\\_aR4uE6Lu](https://youtu.be/lJoozxC0Rns?si=-MKhqR2_aR4uE6Lu)
- Back Hyperextensions: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Lower back
- Video:<https://youtu.be/qtjJUWCnDyE?si=fJNRchl1s2DKcfsy>
- Barbell Shrugs: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Traps
- Video:<https://youtu.be/larn3Asl6oM?si=w1xub4kBkpFvGPUj>
- 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](https://youtube.com/shorts/FHY_2t7R714?si=HNz-fOnQg83NpZHj)
- Reverse EZ bar curl - hammer: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall biceps
- Video:<https://www.youtube.com/shorts/zuUo-wwFQGw>
- Machine preacher curl: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall biceps
- Video:<https://www.youtube.com/watch?v=TV14-w3vXkk>

Day 3 undefined

Rest day

Day 4 undefined

Rest day

## Day 5 Legs,Abs

### Exercises:

- Smith Machine back squats: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Quads
- Video:<https://www.youtube.com/shorts/xU4cuTffVZc>
- Leg press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Quads
- Video:[https://www.youtube.com/watch?v=2nNHhK\\_Dmcc](https://www.youtube.com/watch?v=2nNHhK_Dmcc)
- Leg Extensions: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Quads
- Video:<https://www.youtube.com/watch?v=4ZDm5EbiFI8>
- Seated leg curl: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Hamstrings
- Video:<https://www.youtube.com/watch?v=FsJyMwqKQ7c>
- Machine Hip Thrusts: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Glutes
- Video:<https://www.youtube.com/watch?v=01rcKtWWvwE>
- Standing Calf raises: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Calves
- Video:<https://www.youtube.com/watch?v=LnWEIjlls-M>
- Decline ab crunch: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Lower abs
- Video:<https://youtu.be/kLh-uczIPLg?si=AeWeYbM5JguGWmz6>
- Ab rollers: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall abs
- Video:<https://youtu.be/SBO5aFR09D4?si=VMMN47H08P6kqm2j>
- Side leg raises: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Obliques
- Video:<https://youtu.be/DA4FVJH2PnU?si=HuF5qBFCpRAyMxTZ>

Day 6 undefined

Rest day

Day 7 undefined

Rest day

Diet Plan: