

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 Dumbbell Bench Press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Mid chest
- Video:https://youtu.be/YQ2s_Y7g5Qk?si=RbsCWjtNndrpBI8B

- Decline Barbell Bench Press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Lower chest
- Video:<https://youtu.be/iVh4B5bJ5OI?si=adR1mOz6sDhAoDZx>

- Cable flies on incline bench: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Upper chest
- Video:<https://youtu.be/LGDCjwO-hFg?si=fylcWFP5GVdiKOY->

- 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>

- Chest supported rear delt flies: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Rear delts
- Video:<https://youtu.be/iCbVhDNpG-Y?si=Hlqh8fTJaqbUKKcn>

Day 2 Pull

Exercises:

- Chest supported dumbbell rowing: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Overall back
- Video:https://youtu.be/0-DXJiceG-0?si=g8Dz_KeXdp_qPiVj

- Inverted pull ups: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Upper back/lats
- Video:https://youtu.be/9fltzu9lok?si=Bv5e_UsnEOdMU9Fp
- Superman banded row: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Upper back/lats
- Video:<https://www.youtube.com/watch?v=cvGqLu097MA>
- Seated cable rows: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Mid back
- Video:https://youtu.be/lJoozxCOtns?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 curl EZ (Curl) bar: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall biceps
- Video:https://www.youtube.com/watch?v=S_i3SEVgKWU
- 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>
- Barbell preacher curl: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall biceps
- Video:<https://www.youtube.com/watch?v=RgN216Cumtw>

Day 3 undefined

Rest day

Day 4 undefined

Rest day

Day 5 Legs,Abs

Exercises:

- Stair Calves Raises: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Calves
- Video:https://www.youtube.com/watch?v=__qfDhdByMY
- Leg raises on decline bench: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Lower abs
- Video:https://youtu.be/b_6BdouMVc0?si=02zAy17ojo_32uZG
- Leg raises on incline bench easy version: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Lower abs
- Video:<https://youtu.be/3WbEUWavHtE?si=yrU7tCfj33S2fQFN>
- Ab rollers: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall abs
- Video:<https://youtu.be/SBO5aFR09D4?si=VMMN47H08P6kqm2j>

Day 6 undefined

Rest day

Day 7 undefined

Rest day

Diet Plan: