

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>

- Incline push up: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Lower chest
- Video:https://www.youtube.com/watch?v=yAbg3_pJKvw

- Resistance band lying chest flies: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall chest
- Video:https://youtube.com/shorts/e2qxfifLb_Q?si=jsUC0mQ81GRSqs6Y

- Resistance band upper chest flies: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Upper chest
- Video:<https://www.youtube.com/watch?v=jQ3pjLhTKNU>

- Resistance band decline flies: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Lower chest
- Video:<https://www.youtube.com/watch?v=9Moyb6fbJlc>

- Incline push up: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Lower chest
- Video:https://www.youtube.com/watch?v=yAbg3_pJKvw

- Resistance band floor press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Overall chest
- Video:<https://www.youtube.com/watch?v=dnviBQFAphE>

- Resistance band lying chest flies: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall chest
- Video:https://youtube.com/shorts/e2qxfifLb_Q?si=jsUC0mQ81GRSqs6Y

- Resistance band overhead press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Overall shoulders
- Video:<https://youtube.com/shorts/1-VfJqjYquQ?si=8NMEdu6SaENKYM1r>

- Single arm side lateral raise: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Side delts
- Video:<https://www.youtube.com/watch?v=yfNg5sFndbw>

- Rear delt band pull aparts: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Rear delts
- Video:<https://www.youtube.com/watch?v=9IWz8v44mXs>

- Resistance band front raises: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Front delts
- Video:<https://www.youtube.com/watch?v=PBVMoBewnuA>

- Resistance band overhead press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Overall shoulders
- Video:<https://youtube.com/shorts/1-VfJqjYquQ?si=8NMEdu6SaENKYM1r>

- Rear delt band pull aparts: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Rear delts
- Video:<https://www.youtube.com/watch?v=9IWz8v44mXs>

- Diamond push ups: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Overall triceps
- Video:<https://youtu.be/XtU2VQVuLYs?si=A0EmfFJ0mj1RTiAx>

- Resistance band skull crusher: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall triceps
- Video:<https://www.youtube.com/watch?v=uutP0eBt51I>

Day 2 Pull

Exercises:

- Resistance band bent over row: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Overall back
- Video:<https://www.youtube.com/watch?v=TE3v7CgXiil>

- Superman banded row: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Upper back/lats
- Video:<https://www.youtube.com/watch?v=cvGqLu097MA>

- Resistance band seated row: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Mid back
- Video:<https://www.youtube.com/watch?v=yIF-3TG1wgM>

- Resistance band seated row: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Mid back
- Video:<https://www.youtube.com/watch?v=yIF-3TG1wgM>

- Resistance band bent over row: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Overall back
- Video:<https://www.youtube.com/watch?v=TE3v7CgXiil>

- Superman banded row: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Upper back/lats
- Video:<https://www.youtube.com/watch?v=cvGqLu097MA>
- Resistance band lat pull down: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Upper back/lats
- Video:<https://www.youtube.com/watch?v=eltdYA8i5ec>
- Resistance band lat pull over: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Mid back
- Video:<https://www.youtube.com/watch?v=j-puv62rXUc>
- Resistance band shrugs: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Traps
- Video:<https://www.youtube.com/watch?v=JixytugiXDs>
- Resistance band concentration curls: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall biceps
- Video:<https://www.youtube.com/watch?v=uej9usJAIUw>
- Resistance band bicep curls: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall biceps
- Video:<https://youtu.be/AaA7Yj3zHiU?si=xLq917Wka2qDzJ8t>
- Resistance band hammer curls: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall biceps
- Video:<https://youtu.be/SniJo-6t7Gk?si=j8xSMCT8joCvwwvCR>

Day 3 undefined

Rest day

Day 4 undefined

Rest day

Day 5 Legs,Abs

Exercises:

- Body weight squats: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Quads
- Video:<https://www.youtube.com/shorts/3fl7uYmiMVw>

- Walking lunges: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Quads
- Video:<https://www.youtube.com/watch?v=mAgbXQdd4LM>

- Standing alternate lunge: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Quads
- Video:<https://www.youtube.com/watch?v=g8-Ge9S0aUw>

- Bodyweight romanian deadlift: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Hamstrings
- Video:https://www.youtube.com/watch?v=wFF_ZUaaObc

- Bodyweight glute bridges: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Glutes
- Video:<https://youtu.be/Cj5zDEgmumA?si=nCtJKmZeuTKOjo1w>

- Stair Calves Raises: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Calves
- Video:https://www.youtube.com/watch?v=__qfDhdByMY

- Lying leg raise: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall abs
- Video:https://youtu.be/Wp4BlxcFTkE?si=abAtQp_6Lfylu2uh

- Vacuum: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall abs
- Video:<https://youtu.be/f2PlIQHQ4c?si=tqmCJ2P6DidwclcP>

- Side planks: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Obliques
- Video:<https://youtu.be/tbWPBOgju9g?si=pgxWLZ-Pwhy93xsi>

- Side leg raises: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Obliques
- Video:<https://youtu.be/DA4FVJH2PnU?si=HuF5qBFCpRAyMxTZ>

- Side planks: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Obliques
- Video:<https://youtu.be/tbWPBOgju9g?si=pgxWLZ-Pwhy93xsi>

- Lying leg raise: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall abs
- Video:https://youtu.be/Wp4BlxcFTkE?si=abAtQp_6Lfylu2uh

Day 6 undefined

Rest day

Day 7 undefined

Rest day

Diet Plan: