

Exercise Plan:

Day 1 Push

Exercises:

- Smith Machine Flat Bench press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Mid chest
- Video:<https://www.youtube.com/watch?v=O5viuEPDXKY>
- Smith machine incline press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Upper chest
- Video:<https://www.youtube.com/watch?v=8urE8Z8AMQ4>
- Incline push up: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Lower chest
- Video:https://www.youtube.com/watch?v=yAbg3_pJKvw
- Cable crossover – Incline chest: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Upper chest
- Video:https://youtu.be/bptdQtH7lQA?si=B3oOGtuSBC_9kQLj
- Seated dumbbell press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Overall shoulders
- Video:<https://www.youtube.com/shorts/bQPhGIJJ-jQ>
- Dumbbell side lateral raise: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Side delts
- Video:<https://youtu.be/OuG1smZTsQQ?si=wHbHE3CMjll9fP7a>
- Barbell behind the back rear delt raises: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Rear delts
- Video:https://youtube.com/shorts/LcP9Y_TWEOQ?si=NapRIhHCCjnPHfj-
- 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 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
- Chest supported T-Bar Rows: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Overall back
- Video:<https://youtu.be/in1F5d21vLk?si=tXyD8Anhn5xIGwHm>
- 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/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>
- Dumbbell Shrugs: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Traps
- Video:<https://youtu.be/qIR5YmXbg6k?si=C8MH2PtkJw0PHTb->
- Barbell curl straight bar: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Overall biceps
- Video:<https://www.youtube.com/watch?v=dDI8ClxRS04>
- 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
- 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

Day 3 undefined

Rest day

Day 4 undefined

Rest day

Day 5 Legs,Abs

Exercises:

- Hack Squats: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Quads
- Video:https://www.youtube.com/watch?v=u_1a0nWG7vQ

- Leg press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Quads
- Video:https://www.youtube.com/watch?v=2nNHhK_Dmcc

- Machine Leg Press: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Quads
- Video:<https://www.youtube.com/watch?v=p5dCqF7wWUw>

- Lying Leg curl: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Isolation Hamstrings
- Video:<https://www.youtube.com/watch?v=QjNFk4F5dAs>

- Smith Machine Hip Thrusts: Reps 10-12 (Rest: 45-90 Sec)
- Target & Category: Compound Glutes
- Video:<https://www.youtube.com/watch?v=s6u3ESE4kMg>

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

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

- 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>

Day 6 undefined

Rest day

Day 7 undefined

Rest day

Diet Plan: