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**Muscle Freak**

**Routine**

**Mollah Plaza, College Gate, Tongi, Gazipur**

**Contact: 01625159798, 01753131815, 01621558394**

**Id :**

**Name :**

**Phone :**

**(Chest)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Sl. No.** | | **Exercise Name** | | | | | | **Sets** | **Reps** | |
| 1 | | Bench Press | | | | | |  |  | |
| 2 | | Ballistic Bench Press | | | | | |  |  | |
| 3 | | Press Up | | | | | |  |  | |
| 4 | | Dumbbell Press | | | | | |  |  | |
| 5 | | Inflamed Bench Press | | | | | |  |  | |
| 6 | | Incline Dumbbell Press | | | | | |  |  | |
| 7 | | Incline Alternation Dumbbell Press | | | | | |  |  | |
| 8 | | Decline Press Up | | | | | |  |  | |
| 9 | | Decline Bench Press | | | | | |  |  | |
| 10 | | Decline Dumbbell Press | | | | | |  |  | |
| 11 | | Decline Alternating Dumbbell Press | | | | | |  |  | |
| 12 | | Incline Press Up | | | | | |  |  | |
| 13 | | Dumbbell Fly | | | | | |  |  | |
| 14 | | Cable Fly | | | | | |  |  | |
| 15 | | Incline Dumbbell Fly | | | | | |  |  | |
| 16 | | Cable Crossover | | | | | |  |  | |
| 17 | | T-Press Up | | | | | |  |  | |
| 18 | | Dumbbell Floor Press | | | | | |  |  | |
| 19 | | Clap Press Up | | | | | |  |  | |
| 20 | | Offset Press Up | | | | | |  |  | |
| 21 | | Dumbbell Pull Over | | | | | |  |  | |
| 22 | | Cable Pull Over | | | | | |  |  | |
| 23 | | Gym Ball Pull Over | | | | | |  |  | |
| 24 | | Dumbbell Pull Over Press | | | | | |  |  | |
|  |  | |  |  |  |  |  | | |  |

**(Back)**

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| **Sl. No.** | | **Exercise Name** | | | | | **Sets** | | **Reps** | |
| 1 | | Pull-Up | | | | |  | |  | |
| 2 | | Negative Pull-Up | | | | |  | |  | |
| 3 | | Weighted Pull-Up | | | | |  | |  | |
| 4 | | Wide-Grip Pull-Up | | | | |  | |  | |
| 5 | | Bent-Over Row | | | | |  | |  | |
| 6 | | Bent-Over Bent Over Row | | | | |  | |  | |
| 7 | | Bent-Over Fly | | | | |  | |  | |
| 8 | | Dumbbell Bent Over Row | | | | |  | |  | |
| 9 | | Lat Pull Down | | | | |  | |  | |
| 10 | | Under Lat Pull Down | | | | |  | |  | |
| 11 | | Close Grip Lat Pull Down | | | | |  | |  | |
| 12 | | One Arm Lat Pull Down | | | | |  | |  | |
| 13 | | One Arm Dumbbell Row | | | | |  | |  | |
| 14 | | One Arm Cable Row | | | | |  | |  | |
| 15 | | One Arm Reverse Fly | | | | |  | |  | |
| 16 | | Split Squat To One Arm Row | | | | |  | |  | |
| 17 | | Seated Cable Row | | | | |  | |  | |
| 18 | | Face Pull | | | | |  | |  | |
| 19 | | Inverted Row | | | | |  | |  | |
| 20 | | Wide Grip Cable Row | | | | |  | |  | |
| 21 | | Barbell Shrug | | | | |  | |  | |
| 22 | | Snatch-Grip Shrug | | | | |  | |  | |
| 23 | | Dumbbell Shrug | | | | |  | |  | |
| 25 | | Snatch Pull | | | | |  | |  | |
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**(Shoulder & Deltoids)**

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| **Sl. No.** | | **Exercise Name** | | | | | **Sets** | | **Reps** | |
| 1 | | Shoulder Press | | | | |  | |  | |
| 2 | | Seated Behind The Neck Press | | | | |  | |  | |
| 3 | | Inverted Shoulder Press | | | | |  | |  | |
| 4 | | Seated Shoulder Press | | | | |  | |  | |
| 5 | | Dumbbell Shoulder Press | | | | |  | |  | |
| 6 | | Seated Shoulder Press | | | | |  | |  | |
| 7 | | Arnold Press | | | | |  | |  | |
| 8 | | Neutral Shoulder Press | | | | |  | |  | |
| 9 | | Alternative Dumbbell Press | | | | |  | |  | |
| 10 | | Alternative Wide Dumbbell Press | | | | |  | |  | |
| 11 | | Single Arm Dumbbell Press | | | | |  | |  | |
| 12 | | Lateral Rise | | | | |  | |  | |
| 13 | | Font Rise | | | | |  | |  | |
| 14 | | Alternative Rise | | | | |  | |  | |
| 15 | | Cable Lateral Rose | | | | |  | |  | |
| 16 | | Inclined Reverse Lateral Rise | | | | |  | |  | |
| 17 | | Lying Reverse Lateral Rise | | | | |  | |  | |
| 18 | | Low To High Cable Rise | | | | |  | |  | |
| 19 | | High Cable Reverse Fly | | | | |  | |  | |
| 20 | | High Pull | | | | |  | |  | |
| 21 | | EZ- Bar Upright Row | | | | |  | |  | |
| 22 | | Dumbbell Upright Row | | | | |  | |  | |
| 23 | | Barbell Urban Press | | | | |  | |  | |
| 24 | | Dumbbell Cuban Press | | | | |  | |  | |
| 25 | | Incline Cuban Press | | | | |  | |  | |
| 26 | | Internal Cable Rotation | | | | |  | |  | |
| 27 | | External Cable Rotation | | | | |  | |  | |
| 28 | | Internal Dumbbell Rotation | | | | |  | |  | |
| 29 | | External Dumbbell Rotation | | | | |  | |  | |
|  |  | |  |  |  |  | |  | |  |

**(Biceps)**

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| **Sl. No.** | | **Exercise Name** | | | | | **Sets** | | **Reps** | |
| 1 | | Barbell Biceps Curl | | | | |  | |  | |
| 2 | | Ez-Bar Biceps Curl | | | | |  | |  | |
| 3 | | Dumbbell Biceps Curl | | | | |  | |  | |
| 4 | | Reverse Grip Biceps Curl | | | | |  | |  | |
| 5 | | Seated Dumbbell Curl | | | | |  | |  | |
| 6 | | Seated Hummer Curl | | | | |  | |  | |
| 7 | | Seated Incline Dumbbell Curl | | | | |  | |  | |
| 8 | | Concentration Curl | | | | |  | |  | |
| 9 | | EZ-Bar Preacher Curl | | | | |  | |  | |
| 10 | | One-Arm Preacher Curl | | | | |  | |  | |
| 11 | | Spider Curl | | | | |  | |  | |
| 12 | | Reverse – Grip Preacher Curl | | | | |  | |  | |
| 13 | | Hammer Curl | | | | |  | |  | |
| 14 | | Cable Rope Curl | | | | |  | |  | |
| 15 | | Hammer Curl With Twist | | | | |  | |  | |
| 16 | | Zottmann Curl | | | | |  | |  | |
| 17 | | Chin Up | | | | |  | |  | |
| 18 | | Neutral Chin-Up | | | | |  | |  | |
| 19 | | Weighted Chin-Up | | | | |  | |  | |
| 20 | | Negative Chin-Up | | | | |  | |  | |
|  |  | |  |  |  |  | |  | |  |

**(Triceps)**

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| **Sl. No.** | **Exercise Name** | | | | | | **Sets** | | **Reps** | |
| 1 | Triceps Dip | | | | | |  | |  | |
| 2 | Weighted Triceps Dip | | | | | |  | |  | |
| 3 | Assisted Triceps Dip | | | | | |  | |  | |
| 4 | Negative Triceps Dip | | | | | |  | |  | |
| 5 | Close Grip Bench Press | | | | | |  | |  | |
| 6 | Decline Close Grip Bench Press | | | | | |  | |  | |
| 7 | Medicine Ball Close Grip Press Up | | | | | |  | |  | |
| 8 | Diamond Press-Up | | | | | |  | |  | |
| 9 | Lying EZ-Bar Triceps Extension | | | | | |  | |  | |
| 10 | Standing EZ-Bar Triceps Extension | | | | | |  | |  | |
| 11 | Lying Triceps Extension & Pull Over | | | | | |  | |  | |
| 12 | Reverse Grip Laying Triceps Extension | | | | | |  | |  | |
| 13 | One-Arm Triceps Extension | | | | | |  | |  | |
| 14 | Seated EZ-Bar Over Head Triceps Extension | | | | | |  | |  | |
| 15 | Dumbbell Over Hand Triceps Extension | | | | | |  | |  | |
| 16 | Gym Ball One-Arm Overhead Triceps Extension | | | | | |  | |  | |
| 17 | Cable Triceps Press-Down | | | | | |  | |  | |
| 18 | Standing Cable Over Head Triceps Extension | | | | | |  | |  | |
| 19 | Cable EZ-Bar Triceps Press Down | | | | | |  | |  | |
| 20 | One-Arm Triceps - Down | | | | | |  | |  | |
| 21 | Dumbbell Triceps Kick Back | | | | | |  | |  | |
| 22 | Two-Arm Kickback | | | | | |  | |  | |
| 23 | Dumbbell Kickback With Life | | | | | |  | |  | |
| 24 | Cable Kickback | | | | | |  | |  | |
|  | |  |  |  |  |  | |  | |  |

**(legs)**

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| **Sl. No.** | | **Exercise Name** | | | | | **Sets** | | **Reps** | |
| 1 | | Free Squat | | | | |  | |  | |
| 2 | | Dumbbell Lunges | | | | |  | |  | |
| 3 | | Leg Press | | | | |  | |  | |
| 4 | | Lying Leg Curl | | | | |  | |  | |
| 5 | | Leg Extensions | | | | |  | |  | |
| 6 | | Standing Calf Raise | | | | |  | |  | |
| 7 | | Single Leg Dead Lift | | | | |  | |  | |
| 8 | | Romanian Dead Lift | | | | |  | |  | |
| 9 | | Sumo Dead Lift | | | | |  | |  | |
| 10 | | Lateral Lunge | | | | |  | |  | |
| 11 | | Box Jump | | | | |  | |  | |
| 12 | | Bulgarian Split Squat | | | | |  | |  | |
| 13 | | Ice Skater | | | | |  | |  | |
| 14 | | Seated Calf Rise | | | | |  | |  | |
| 15 | | Reverse Loge | | | | |  | |  | |
| 16 | | Good Morning | | | | |  | |  | |
| 17 | | Banded Hip Drive | | | | |  | |  | |
| 18 | | Curtsy Lunge | | | | |  | |  | |
| 19 | | Step Up | | | | |  | |  | |
| 20 | | Pistol Squat | | | | |  | |  | |
| 21 | | Squat Jump | | | | |  | |  | |
| 22 | | Split Squat | | | | |  | |  | |
| 23 | | Cable Kick Back | | | | |  | |  | |
| 24 | | Lying Lateral Leg Raise | | | | |  | |  | |
| 25 | | Rain Bow Kick | | | | |  | |  | |
| 26 | | Glutei Bridge | | | | |  | |  | |
|  |  | |  |  |  |  | |  | |  |

**(Abs)**

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| **Sl. No.** | **Exercise Name** | | | | | | **Sets** | | **Reps** | |
| 1 | Crunch | | | | | |  | |  | |
| 2 | Gym Ball Crunch | | | | | |  | |  | |
| 3 | Dumbbell Crunch | | | | | |  | |  | |
| 4 | Cable Crunch | | | | | |  | |  | |
| 5 | Reverse | | | | | |  | |  | |
| 6 | Seated Reverse Crunch | | | | | |  | |  | |
| 7 | Medicine Ball Reverse Crunch | | | | | |  | |  | |
| 8 | Tuck & Crunch | | | | | |  | |  | |
| 9 | Oblique Crunch | | | | | |  | |  | |
| 10 | Dumbbell Ride Bend | | | | | |  | |  | |
| 11 | Gym Ball Oblique Crunch | | | | | |  | |  | |
| 12 | One-Arm Med Ball Slam | | | | | |  | |  | |
| 13 | Crossover Crunch | | | | | |  | |  | |
| 14 | Bicycle | | | | | |  | |  | |
| 15 | Gym Ball Twist Crunch | | | | | |  | |  | |
| 16 | One-Arm Cable Cross Crunch | | | | | |  | |  | |
| 17 | Hanging Tree Rise | | | | | |  | |  | |
| 18 | Twisting Tree Rise | | | | | |  | |  | |
| 19 | Hanging Leg Rise | | | | | |  | |  | |
| 20 | Medicine Ball Tree Raise | | | | | |  | |  | |
| 21 | Toes To Bar | | | | | |  | |  | |
| 22 | Windscreen Rise | | | | | |  | |  | |
| 23 | Isometric Leg Raise | | | | | |  | |  | |
| 24 | Isometric Leg Raise | | | | | |  | |  | |
| 25 | Plank | | | | | |  | |  | |
| 26 | Decline Plank With Alternate Foot Touch | | | | | |  | |  | |
|  | |  |  |  |  |  | |  | |  |

**(Cardio)**

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| **Sl. No.** | | **Exercise Name** | | | | | **Sets** | | **Reps** | |
| 1 | | Jumping Rope | | | | |  | |  | |
| 2 | | Cycling | | | | |  | |  | |
| 3 | | Raining | | | | |  | |  | |
| 4 | | Burgees | | | | |  | |  | |
| 5 | | Skaters | | | | |  | |  | |
| 6 | | Roll Backs | | | | |  | |  | |
| 7 | | Burpees 180 Jump | | | | |  | |  | |
| 8 | | Lateral Toe Taps | | | | |  | |  | |
| 9 | | Lateral Toe Taps | | | | |  | |  | |
| 10 | | Lateral Shuffle Taps | | | | |  | |  | |
| 11 | | Lateral Shuffle Taps | | | | |  | |  | |
| 12 | | Bench Runner | | | | |  | |  | |
| 13 | | Jump Rope | | | | |  | |  | |
| 14 | | Over Head Walking Lures | | | | |  | |  | |
| 15 | | Fast Feel Drop | | | | |  | |  | |
| 16 | | Mountains Climbers Pushup | | | | |  | |  | |
| 17 | | Dumbbell Thrusters | | | | |  | |  | |
| 18 | | Dumbbell Seesaw Press | | | | |  | |  | |
| 19 | | Pushup Bent Over Rows | | | | |  | |  | |
| 20 | | Suicide Sprits | | | | |  | |  | |
|  |  | |  |  |  |  | |  | |  |