

## Workout Plan

<b>Day 1 (Legs + Abs)</b>	<b>Day 2 (Chest + Triceps)</b>	<b>Day 3 (Hams + Calf)</b>	<b>Day 5 (Back + Biceps)</b>	<b>Day 6 (Shoulder)</b>
Leg Raise	Flat Bench Press	Leg Curls	Lat Pull Down	Over Head Dumbbell Press
<u>Rep range:</u> 1 <sup>st</sup> set = 20 reps 2 <sup>nd</sup> set = 20 reps 3 <sup>rd</sup> set = 20 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 8 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 12 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 12 reps 4 <sup>th</sup> set = 12 reps 5 <sup>th</sup> set = 12 reps 6 <sup>th</sup> set = 12 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 8 reps 5 <sup>th</sup> set = 6 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 20 reps 2 <sup>nd</sup> set = 20 reps 3 <sup>rd</sup> set = 20 reps 4 <sup>th</sup> set = 20 reps
Sit Ups	Incline Bench Press	Reverse Leg Extension	Both Hand Dumbbell Row	Over Head Barbell Press
<u>Rep range:</u> 1 <sup>st</sup> set = 20 reps 2 <sup>nd</sup> set = 20 reps 3 <sup>rd</sup> set = 20 reps  <u>Concentrate on breathing</u> *Against gravity: Exhale (up) *Towards gravity: Inhale (down)	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 8 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 12 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 12 reps 4 <sup>th</sup> set = 12 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 8 reps 5 <sup>th</sup> set = 6 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 8 reps
Squats (Full Range)	Decline Bench Press	Stiff Leg Deadlift	Deadlift	Dumbbell Lateral Raise
<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 8 reps 5 <sup>th</sup> set = 6 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 8 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 8 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 8 reps 5 <sup>th</sup> set = 6 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 8 reps
Front Squats	Scoop	Kneeling Squats	Seated Row	Cable Lateral Raise

<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 12 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 12 reps 4 <sup>th</sup> set = 12 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 8 reps 5 <sup>th</sup> set = 6 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 15 reps 3 <sup>rd</sup> set = 15 reps
Leg Press	Cable Cross/Pec Dec	Standing Calf Raise	Shrug	Upright Row
<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 15 reps 3 <sup>rd</sup> set = 15 reps 4 <sup>th</sup> set = 15 reps 5 <sup>th</sup> set = 15 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps
Leg Extension		Seated Calf Raise	Prone High Row	Reverse Pec Dec
<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 8 reps 5 <sup>th</sup> set = 6 reps		<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 15 reps 3 <sup>rd</sup> set = 15 reps 4 <sup>th</sup> set = 15 reps 5 <sup>th</sup> set = 15 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps
Walking Lunges	Triceps cable kickback		Preacher Curl	Reverse Cable Cross
<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 8 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 12 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 12 reps 4 <sup>th</sup> set = 12 reps		<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 8 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps
	Closed Grip Decline Bench Press		Biceps Curl	Triceps Pushdown
	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps		<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps

	3 <sup>rd</sup> set = 10 reps		3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 8 reps	3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 8 reps
	<b>Push Down</b>		<b>Hammer Curl</b>	
	<u>Rep range:</u> 1 <sup>st</sup> set = 15 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 10 reps		<u>Rep range:</u> 1 <sup>st</sup> set = 12 reps 2 <sup>nd</sup> set = 12 reps 3 <sup>rd</sup> set = 12 reps	
	<b>Parallel Bar Dips</b>			
	<u>Rep range:</u> 1 <sup>st</sup> set = 10 reps 2 <sup>nd</sup> set = 10 reps 3 <sup>rd</sup> set = 10 reps 4 <sup>th</sup> set = 10 reps 5 <sup>th</sup> set = 10 reps			
Finish with stretching	Finish with stretching	Finish with stretching	Finish with stretching	Finish with stretching

Note:

- Take weight with which you get failure between given reps.
- Keep increasing poundage every week.
- Day 4 and Day 7 will be rest days.

**Please follow diet and workout strictly and regularly, and keep sending photographs of full body every week.**

**Best of luck!!!**

**Thanks, and regards,**

**Siddhant Jaiswal & Team Unstoppablesid.**

