

Workout Plan

Monday - Legs

Exercise	sets	reps
Squats	4	10
Weighted squats	4	12 – 15
Lunges	4	12 – 15
Leg extension	4	20
Hamstring curls	4	15
Stiffed leg Dumbbell deadlift	4	12 – 15
Calve raises	4	30
Ab crunches	4	20
Leg Raises	4	20

Tuesday - Chest / Biceps

Push ups	4	12 – 15
Dumbbell bench press+ flat dumbbell fly	4	12 - 15
Incline Dumbbell press + Incline dumbbell fly	4	12 – 15
Dumbbell decline fly + Cable fly	4	12 – 15
Dumbbell pullover + parallel bar dips	4	12 - 15
Biceps concentration curl+ Biceps dumbbell curls	4	12 – 15

Wednesday - Back / Triceps

Deadlift	4	15 - 20
Lat pull down (VBar)	4	12 - 15
Seated rowing + reverse Close grip close lat pull down	4	12 – 15
Dumbbell rowing both hand Chest Supported on Incline	4	12 – 15

bench + Straight arm push down for back		
T bar	4	12 – 15
Triceps push down + Dumbbell kick back	4	12 – 15
Sit ups	4	12 - 15
Toe touch	4	20

Thursday – Shoulder / Calves

Shoulder barbell press + Dumbbell front raise	4	12 - 15
Shoulder dumbbell side + Bent over dumbbell rear delts raise	4	12 - 15
Wide grip upright + Dumbbell shrugs	4	12 - 15
Weighted Calve raises	4	30
plank	3	AS long as possible

Friday - Arms

Concentration curls + Rope pulley push down	4	10
Dumbbell curl + Dumbbell both hand triceps extension	4	12 - 15
Barbell curl + Skull crusher	4	15 - 20
Pre chair curls + Dumbbell kick back	4	12 - 15
Hammer curls	4	10
Wrist curls pronated + wrist curls supinated	4	20
Weighted Situps	4	12 - 15
Rope Crunches	4	12 - 15
Oblique crunches	4	20

- Cardio 30 mins everyday (walk or jog)