

## Workout Plan

### Workout 1 - Legs

Exercise	Sets	Reps
Squats	4	10
Weighted squats	6	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

### Workout 2 - Chest / triceps

Push ups	4	12 – 15
Incline Dumbbell press	1 warm up + 4 working sets	12 - 15
Incline dumbbell fly	1 warm up + 4 working sets	12 – 15
Dumbbell decline press + Cable fly	4	12 – 15
Bench press	1 warm up + 4 working sets	12 - 15
Triceps push down	4	30/15/15/12
Dumbbell/cable Kick back	4	30/20/20/15
Skull Crusher	4	20/20/15/10

### Workout 3 – Shoulder

Shoulder barbell press	1 warm up + 4 working sets	12 - 15
Shoulder dumbbell Front raise	1 warm up + 4 working sets	12 - 15
DB Side Raise	4	20/15/15/12
Rear delt fly	4	20
Shrugs + wide grip upright	3	15
Crunches	4	20

Hnaging leg raise	4	12
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#### **Workout 4 - Back / Biceps**

Supine/reverse grip close lat pull down	1 warm up + 4 working sets	15 - 20
Wide grip Lat pull down	1 warm up + 4 working sets	12 - 15
Seated rowing	1 warm up + 4 working sets	12 – 15
Dumbbell rowing both hand + pully push down for back	4	12 – 15
T bar	4	12 – 15
Biceps dumbbell curls	4	12 – 15
Biceps barbell curl	5	20/15/15/12/8
DB hammer curls	4	20

#### **Friday – Legs**

Bodyweight Squats	3	20
Smith machine squats	4	20/15/15/12
Sumo squats with dumbbell + Machine leg extension	1 warm up + 4 working sets	12 + 20
Leg Press	1 warm up + 4 working sets	10 - 12
Lying Machine curl	8	12 - 15
Calve raises	4	12 - 15
Dumbbell calf raise	4	12 - 15
Crunches	4	20
Leg raises	4	20

- Cardio 45 mins everyday post workout (walk or jog)