



FIT BODY CULTURE

*Stay Fit Stay Blessed*

---

Mobile no : +91 7045346881 / email id :- [agustya.fitbodyculture@gmail.com](mailto:agustya.fitbodyculture@gmail.com) / website: [www.fitbodyculture.in](http://www.fitbodyculture.in)

Dhairya Singh Chauhan (Meerut)

31st Jan 2024

## **WORKOUT ROUTINE**

**M-W-F:** Strength Training

**T-T-:** 45-60 Mins Moderate Intensity Cardio Session (Treadmill + Cross Trainer + Cycle, 15-20 Mins Each)

### **MONDAY:**

Joint Mobilization Routine before Starting Workout

1. Flat Bb Bench Press 4 x 25/20/16/16
2. 30° Inclined Db Press 4 x 25/20/16/16
3. Lat Pulldown 4 x 25/20/16/16
4. Reverse Grip Pulldowns 4 x 25/20/16/16
5. Bb Upright Row 3 x 20/16/16
6. Db Bicep Curls 2 x 20/16
7. Triceps Ext Rope 2 x 20/16

Post Workout Stretching

## **Wednesday:**

### Joint Mobilization Routine before Starting Workout

1. Bb Deadlift 4 x 25/20/16/16
2. Leg Press 4 x 25/20/16/16
3. Bb Squats 4 x 25/20/16/16
4. Leg Extension 3 x 25/20/16
5. Hamstring Curls 3 x 25/20/16
6. Standing Calf Raises 3 x 25/20/16

Post Workout Stretching

## **Friday:**

### Joint Mobilization Routine before Starting Workout

1. 15° Db Chest Press 4 x 25/20/16/16
2. Decline Bb Chest Press 4 x 25/20/16/16
3. Bb Bent Over Row 4 x 25/20/16/16
4. Cable Row (V-Grip) 4 x 25/20/16/16
5. Db Shoulder Presses 3 x 25/20/16
6. Db Hammer Curls 2 x 20/16
7. Triceps Overhead Extension 2 x 20/16

Post Workout Stretching

### **Weight Selection:**

1. First 2 sessions you may have to explore your body's present potential and understand what it can take now. Figure it out and with every passing session you will improve and grow.
2. Just keep in mind, as you go further, you should be picking weight that makes it a little challenging (Not very challenging) to complete assigned number of reps in each set of every exercise prescribed.
3. You don't have to train each set to failure, but keep 2-3 reps in reserve for optimum performance throughout the workout.
4. In case the weight you picked is too light, it's okay, do some extra reps and make necessary adjustments in following sets/days.

5. In case weight is a little heavy, and you feel it should have been picked for next set with lesser reps, it's okay, take a pause, and complete your sets. Congratulations, you now know what you need to pick.

### **Form & Technique:**

1. Arched Spine, Upright Posture, Core Tight (Abdomen pulled in) is fundamental posture of any muscle group's exercise (Just how a fawn stands in upright posture with chest out and spine arched). Be it chest press, lat pull down, squat or deadlift, you have to keep this posture intact.
2. Make sure that you are the one moving weights and weights are not moving you. Be it concentric or eccentric movement, you need to have full dominance over weight. To put it in simple words, do slow controlled movements, with mind muscle connection to achieve best out of your hard work.
3. Practice full Range of Motion (ROM) and not half reps or partial reps

### **NOTES & INSTRUCTIONS**

- 1) Rest between Sets: 90-120 Seconds.
- 2) Db = Dumbbell, Bb = Barbell
- 3) Keep sipping water between sets (Consume around 500-750ml Water during workout).
- 4) Mandatorily perform Joint Mobilization and Post Workout stretching to avoid soreness and injuries.
- 5) Wear well gripped and cushioned shoes for safety and better performance.
- 6) Cardio only on Non- Strength Training days.
- 7) Week 1 do light weights, focus on form, technique and repetitions. Week 2 onwards move towards light to medium weight still focusing on form, technique and repetitions
- 8) This Workout should be completed in 60-70mins even if you take 120 Secs rest between set every time. Ensure it is done timely for maximum benefits.
- 9) On any given day if you feel dizzy or uncomfortable, stop your workout, inform at gym, rest for a while and once comfortable, go home.