WEEK ONE	RohitRamFitness	WEEK TWO	RohitRamFitness	WEEK THREE	RohitRamFitness	WEEK FOUR	RohitRamFitness
DAY ONE	Sets and Reps and RPE	DAY ONE	Sets and Reps and RPE	DAY ONE	Sets and Reps and RPE	DAY ONE	Sets and Reps and RPE
Squats	4 x 6 72.5% of your 1RM	Squats	4 x 6 74.5% of your 1RM	Squats	3 x 8 72.5% of your 1RM	Squats	3 x 8 75-77% of your 1RM
Hack Squat Or Leg Press (matters what you gym has)	4 x 12	Hack Squat Or Leg Press (matters what you gym has)	4 x 12	Hack Squat Or Leg Press (matters what you gym has)	4 x 12	Hack Squat Or Leg Press (matters what you gym has)	4 x 12
DB RDL	4 x 12	DB RDL	4 x 12	DB RDL	4 x 12	DB RDL	4 x 12
Lunges '	4 x 10	Lunges `	4 x 10	Lunges `	4 x 10	Lunges '	4 x 10
HamString Curls	3 x 15	HamString Curls	3 x 15	HamString Curls	3 x 15	HamString Curls	3 x 15
Goblet Squats	4 x 8	Goblet Squats	4 x 8	Goblet Squats	4 x 8	Goblet Squats	4×8
Calf Raises	3 x 20	Calf Raises	3 x 20	Calf Raises	3 x 20	Calf Raises	3 x 20
DAY TWO	Sets and Reps and RPE	DAY TWO	Sets and Reps and RPE	DAY TWO	Sets and Reps and RPE	DAY TWO	Sets and Reps and RPE
Bench	4 x 6 72.5% of your 1RM	Bench	4 x 6 72.5% of your 1RM	Bench	3 x 7 75% of your 1RM	Bench	3 x 8 75-77.5% of your 1RM
(Pyramid) Incline DB Chest Press 4 S	Sets Go 10, 8, 6, 4 then set of 10-15 Reps for your last one	(Pyramid) Incline DB Chest Press	4 Sets Go 10, 8, 6, 4 then set of 10-15 Reps for your last one	(Pyramid) Incline DB Chest Press	4 Sets Go 10, 8, 6, 4 then set of 10-15 Reps for your last one	(Pyramid) Incline DB Chest Press	4 Sets Go 10, 8, 6, 4 then set of 10-15 Reps for your last one
Cable Crossover	5 Sets to Failure	Cable Crossover	3 Sets to Failure	DB Shoulder Press	3 x 12	DB Shoulder Press	3 x 12
DB Laterial Raises Super Set DB UprRight Row	4 x 12 (for both)	DB Laterial Raises Super Set DB UprRight Row	4 x 12 (for both)	DB Laterial Raises Super Set With Cable Flys	4 x 12	DB Laterial Raises Super Set With Cable Flys	4 x 12
Bend Over Rear Delt Fly	3 Sets to Failure	Bend Over Rear Delt Fly Super Set Decline Flys	3 Sets to Failure	Bend Over Rear Delt Fly Super Set Decline Flys	3 Sets to Failure	Bend Over Rear Delt Fly Super Set Decline Flys	3 Sets to Failure
DAY THREE	Sets and Reps and RPE	DAY THREE	Sets and Reps and RPE	DAY THREE	Sets and Reps and RPE	DAY THREE	Sets and Reps and RPE
Deadlift	3 x 7 70% of your 1RM	Deadlift	3 x 6 70-75% of your 1RM	Deadlift	3 x 6 70-75% of your 1RM	Deadlift	4 x 5 75-77.5% of your 1RM
(BodyWeight) Inverted Row	4 x 15	(BodyWeight) Inverted Row	4 x 15	(BodyWeight) Inverted Row	4 x 15	(BodyWeight) Inverted Row	4 x 15
Underhand Barbell Row	3 x 8	Barbell Row	3x8	Underneath Barbell Row	3 x 8	Barbell Row	3 x 8
Seated Cable Row Super Set With Standing Cable Row	4 x 8 for both	Seated Cable Row Super Set With Standing Cable Row	4 x 8 for both	Seated Cable Row Super Set With Standing Cable Row	4 x 8 for both	Seated Cable Row Super Set With Standing Cable Row	4 x 8 for both
Single Arm PullDown Super Set With Hammer Curls	4 x 15 (Single Arms PullDown) 4 x 12 (Hammer Curls)	Single Arm PullDown Super Set With Hammer Curls	4 x 15 (Single Arms PullDown) 4 x 12 (Hammer Curls)	Single Arm PullDown Super Set With Hammer Curls	4 x 15 (Single Arms PullDown) 4 x 12 (Hammer Curls)	Single Arm PullDown Super Set With Hammer Curls	4 x 12 (Single Arms PullDown) 4 x 12 (Hammer Curls)
Straight Bar Lat Pulls Super Set With Alternating Curls	4 x 12 (Straight Bar) 4 x 12 (Curls)	Straight Bar Lat Pulls Super Set With Alternating Curls	4 x 12 (Straight Bar) 4 x 12 (Curls)	Straight Bar Lat Pulls Super Set With Alternating Curls	4 x 12 (Straight Bar) 4 x 12 (Curls)	Straight Bar Lat Pulls Super Set With Alternating Curls	4 x 12 (Straight Bar) 4 x 12 (Curls)
Armblaster Easy bar Curls Super Set With Pull-Ups	3 Sets to Failure	Armblaster Easy bar Curls	3 Sets to Failure	Armblaster Easy bar Curls	3 Sets to Failure	Armblaster Easy bar Curls	3 Sets to Failure
DAY FOUR	Sets and Reps and RPE	DAY FOUR	Sets and Reps and RPE	DAY FOUR	Sets and Reps and RPE	DAY FOUR	Sets and Reps and RPE
Bench	3 x 4 75% of your 1RM	Bench	3 x 4 77.5% of your 1RM	Bench	3 x 5 77.5% of your 1RM	Bench	4 x 5 77.5% of your 1RM
Close Grip Bench	3 x 8 55% of your 1RM	Close Grip Bench	3 x 8 55-60% of your 1RM	Close Grip Bench	3 x 8 55-60% of your 1RM	Close Grip Bench	3 x 8 55-60% of your 1RM
DB Floor Press Super Set DB Laterial Raises	4 x 12 for Both	DB Floor Press Super Set DB Laterial Raises	4 x 12 for Both	DB Floor Press Super Set DB Laterial Raises	4 x 12 for Both	DB Floor Press Super Set DB Laterial Raises	4 x 12 for Both
TRISET (Straight Bar Press, SkullCrushers, Tricep extensions)	4 x 10	TRISET (Straight Bar Press, SkullCrushers, Tricep extensions)	4 x 10	TRISET (Straight Bar Press, SkullCrushers, Tricep extensions)	4 x 10	TRISET (Straight Bar Press, SkullCrushers, Tricep extensions)	4 x 10
	Sets Go 10, 8, 6, 4 then set of 10-15 Reps for your last one	(Pyramid) Flat DB Chest Press Super Set Chest Fly	4 Sets Go 10, 8, 6, 4 then set of 10-15 Reps for your last one	(Pyramid) Flat DB Chest Press Super Set Chest Fly	4 Sets Go 10, 8, 6, 4 then set of 10-15 Reps for your last one	(Pyramid) Flat DB Chest Press Super Set Chest Fly	4 Sets Go 10, 8, 6, 4 then set of 10-15 Reps for your last one
Decline Flys Super Set With Incline Flys	3 Sets to Failure	Alternating Incline DB Chest Press	4x8	Alternating Incline DB Chest Press	4×8	Alternating Incline DB Chest Press	4×8
DAY FIVE	Sets and Reps and RPE	DAY FIVE	Sets and Reps and RPE	DAY FIVE	Sets and Reps and RPE	DAY FIVE	Sets and Reps and RPE
Squats	3 x 5 72.5% of your 1RM	Squats	3 x 5 72.5% of your 1RM	Squats	4 x 5 75% of your 1RM	Squats	4 x 5 75% of your 1RM
RDL	4 x 8	RDL	4 x 8	RDL	4 x 8	RDL	4 x 8
Weighted Step Ups SuperSet With Bugarian Spilt Squats	3 x 12 for Step Ups and 4 x 8 for Spilt Squats	Weighted Step Ups SuperSet With Bugarian Spilt Squats	3 x 12 for Step Ups and 4 x 8 for Spilt Squats	Weighted Step Ups SuperSet With Bugarian Spilt Squats	3 x 12 for Step Ups and 4 x 8 for Spilt Squats	Weighted Step Ups SuperSet With Bugarian Spilt Squats	3 x 12 for Step Ups and 4 x 8 for Spilt Squats
Lunges '	4 x 10	Lunges `	4 x 10	Lunges `	4 x 10	Lunges '	4 x 10
HamString Curls	3 x 15	HamString Curls	3 x 15	HamString Curls	3 x 15	HamString Curls	3 x 15
Goblet Squats	4 x 8	Goblet Squats	4 x 8	Goblet Squats	4×8	Goblet Squats	4×8
Calf Raises	3 x 20	Calf Raises	3 x 20	Calf Raises	3 x 20	Calf Raises	3 x 20
DAY SIX	Sets and Reps and RPE	DAY SIX	Sets and Reps and RPE	DAY SIX	Sets and Reps and RPE	DAY SIX	Sets and Reps and RPE
Deadlift	2 x 7 72.5% of your 1RM	Deadlift	2 x 7 73.5% of your 1RM	Deadlift	2 x 7 72.5% of your 1RM	Deadlift	2 x 7 72.5% of your 1RM
(BodyWeight) Inverted Row	4 x 15	(BodyWeight) Inverted Row	4 x 15	(BodyWeight) Inverted Row	4 x 15	(BodyWeight) Inverted Row	4 x 15
Underhand Barbell Row	3 x 8	Underhand Barbell Row	3 x 8	Underhand Barbell Row	3 x 8	Underhand Barbell Row	3 x 8
Seated Cable Row Super Set With Standing Cable Row	4 x 8 for both	Seated Cable Row Super Set With Standing Cable Row	4 x 8 for both	Seated Cable Row Super Set With Standing Cable Row	4 x 8 for both	Seated Cable Row Super Set With Standing Cable Row	4 x 8 for both
Single Arm PullDown Super Set With Hammer Curls	4 x 15 (Single Arms PullDown) 4 x 12 (Hammer Curls)	Single Arm PullDown Super Set With Hammer Curls	4 x 15 (Single Arms PullDown) 4 x 12 (Hammer Curls)	Single Arm PullDown Super Set With Hammer Curls	4 x 15 (Single Arms PullDown) 4 x 12 (Hammer Curls)	Single Arm PullDown Super Set With Hammer Curls	4 x 15 (Single Arms PullDown) 4 x 12 (Hammer Curls)
Straight Bar Lat Pulls Super Set With Alternating Curls	4 x 12 (Straight Bar) 4 x 12 (Curls)	Straight Bar Lat Pulls Super Set With Alternating Curls	4 x 12 (Straight Bar) 4 x 12 (Curls)	Straight Bar Lat Pulls Super Set With Alternating Curls	4 x 12 (Straight Bar) 4 x 12 (Curls)	Straight Bar Lat Pulls Super Set With Alternating Curls	4 x 12 (Straight Bar) 4 x 12 (Curls)
Armblaster Easy bar Curls Super Set With Pull-Ups	3 Sets to Failure	Armblaster Easy bar Curls Super Set With Pull-Ups	3 Sets to Failure	Armblaster Easy bar Curls Super Set With Pull-Ups	3 Sets to Failure	Armblaster Easy bar Curls Super Set With Pull-Ups	3 Sets to Failure
Day Seven (Optional Arm Day or Reset Back to Day One or take rest day)	Sets and Reps and RPE	Day Seven (Optional Arm Day or Reset Back to Day One or take rest day)	Sets and Reps and RPE	Day Seven (Optional Arm Day or Reset Back to Day One or take rest day)	Sets and Reps and RPE	Day Seven (Optional Arm Day or Reset Back to Day One or take rest day)	Sets and Reps and RPE
BB Shoulder Press	4 x 8	BB Shoulder Press	4 x 8	BB Shoulder Press	4 x 8	BB Shoulder Press	4 x 8
Laterial Raises SuperSet Roped Tricep Extenions	4 x 10 For Both	Laterial Raises SuperSet Roped Tricep Extenions	4 x 10 For Both	Laterial Raises SuperSet Roped Tricep Extenions	4 x 10 For Both	Laterial Raises SuperSet Roped Tricep Extenions	4 x 10 For Both
Straight Bar Curls SuperSet Roped Curls	4 x 10	Straight Bar Curls SuperSet Roped Curls	4 x 10	Straight Bar Curls SuperSet Roped Curls	4 x 10	Straight Bar Curls SuperSet Roped Curls	4 x 10
	o 10, 8, 6, 4 then set of 10-15 Reps for your last one (4 x 6 for Press)	Rainbow Laterial Raises (Pryramid) SuperSet Standing Shoulder Press	4 Sets Go 10, 8, 6, 4 then set of 10-15 Reps for your last one (4 x 6 for Press)	Rainbow Laterial Raises (Pryramid) SuperSet Standing Shoulder Press	4 Sets Go 10, 8, 6, 4 then set of 10-15 Reps for your last one (4 x 6 for Press)	Rainbow Laterial Raises (Pryramid) SuperSet Standing Shoulder Press	4 Sets Go 10, 8, 6, 4 then set of 10-15 Reps for your last one (4 x 6 for Press)