

WORKOUT

DAY 1 –Sunday- LEGS, BICEPS AND CORE

EXERCISE	SETS	REP.*	REST
Free Squats(Warm Up)	2	50	60 Sec
Barbell Squats	4	12-15	90 Sec
Machine Leg Press	2	15	60 Sec
Standing Calf Raise	4	25	45 Sec
EZ Bar Biceps Curl	4*	12-15	45 Sec
Preacher Curl	2	12-15	45 Sec
Dumbbell Curl	2	12-15	45 Sec
V-Ups	3	15	60 Sec

DAY2-MONDAY- CHEST

EXERCISE	SET	REP.*	REST
Push-ups	3	20	60 Sec
Inclined BB* Press	3	12-15	60 Sec
Inclined DB* Fly	2	12-15	90Sec
Prone BB* Press	3	12-15	90Sec
Flat Bench DB Press	2	12-15	90Sec
Parallel bar Dips	2	15-20	90Sec
Weight Plank	3	45 Sec	30Sec

DAY3-WEDNESDAY-SHOULDER AND DEADLIFT

EXERCISE	SET	REP.*	REST
Deadlift	2(Warm-up)	25	60Sec
Deadlift	3	10-12	90Sec
BB* Shoulder Press	4	12-15	60Sec
Seated Arnold Press	3	10-12	60Sec
Bent Over Lateral Raise	3	12-15	60Sec
Shrugs	3	20-25	60Sec
V-ups	3	15	30Sec

DAY4- THURSDAY-BACK

EXERCISE	SET	REP.*	REST
Wide Grip Push up	2	20	45Sec
Wide Grip Lat Pulldown	4	12-15	60Sec
One Arm Dumbbell Row	4	10-12	60Sec
Pull-up	2	12-15	90Sec
Hyperextension	2	15	60Sec
Russian Twist	3	20	30Sec

DAY5- FRIDAY-TRICEPS AND LEGS

EXERCISE	SET	REP.*	REST
Leg Press	2	25	Variable
Leg Press	3	12-15	60Sec
Lying Leg Curl	4	12-15	60Sec

Close Grip Bench Press	4	12-15	45Sec
Skull Crusher	3	12-15	45Sec
Seated Overhead Press	3	10-12	45sec
Triceps Press down	3	15	45sec
Weighted Plank	3	45Sec	30Sec



By:

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