

Monday: Chest Triceps

1. Bench Press 4 sets x 8-10 reps P 3 min
2. Incline Dumbbell Press 4 sets x 8-10 reps P 3 min
3. Standing Dumbbells Press 3 sets x 6-10 reps P 3 min
4. skullcrusher 3 sets x 10 reps 1/2 min
5. Cable Fly 3 sets x 10 reps 1 min
6. Facepull 3 sets x 20 reps 1 min

Tuesday: Back Biceps

1. Deadlift 3 sets x 8-10 reps P 3 min
2. PullUps 4 sets 8-10 reps P 3 min
3. Barbell Rows 4 sets x 8-10 reps P 3 min
4. Reverse Pec Deck 3 sets x 10-12 reps 1 mi
5. Barbell curl 3 sets x 10 reps 1/2 min

Thursday: Legs

1. Barbell Squat 4 sets x 8-10 reps P 3 min
2. Romanian deadlift 4 sets x 8-10 reps P 3 min
3. Bulgarian split squat 4 sets x 6-10 reps P 2 min

Friday:UpperBody

1. Standing OHP 4 sets x 8-10 reps P 3 min
2. Lat pulldowns 4 sets x 8-12 reps P 3 min
3. Incline Barbell Press 4 sets x 8-12 reps P 2 min
4. Close-Grip Barbell Bench Press 3 sets x 10 reps 1/2 min
5. Egyptian Lateral Raise 3 sets x 10-15 reps 1 min
6. Lateral Raise 3 sets x 10-15 reps 1 min
- 7 Standing Bicep Cable Curl 3 sets x 6-8 reps 1/2 min

Monday and Friday:Abs

1. Hanging Leg Raises 4 reps x 15 reps 1 min
2. AB pulldown 4 reps x 15 reps 1 min
3. Weighted oblique 4 reps x 15 reps 1 min
4. Flutter Kicks 4 reps x failure 1 min