### 1-DAY: Push

**EXERCISE 1** 

**BENCH PRESS** 

Equipment: Barbell, Bench, Full Gym

Filmen

4 SETS 12, 10, 8, 6

45-60"

**EXERCISE 2** 

**INCLINE BARBELL BENCH PRESS** 

Equipment: Barbell, Bench, Full Gym

A Tomas

4 SETS

10, 10, 8, 6

45-60"

**EXERCISE 3** 

PEC DECK FLY

Equipment: Full Gym, Machine

A Parente

5 SETS

12, 10, 10, 8 - 12

45-60"

EST

**EXERCISE 4** 

BARBELL MILITARY PRESS (OVERHEAD PRESS)

Equipment: Barbell, Full Gym

A Transmi

4 SETS

10, 10, 8, 8

45-60'

**EXERCISE 5** 

BENT OVER LATERAL RAISE

Equipment: Dumbbells, Full Gym

Finns

4 SETS 10, 10, 10, 10

45-60"

**EXERCISE 6** 

DUMBBELL FRONT RAISE

Equipment: Dumbbells, Full Gym

₹ Panese

3 SETS 12, 12, 12<sub>REPS</sub>

45-60"

EXERCISE 7

PUSH-DOWN

Equipment: Cable, Full Gym

Francis

3 SETS 12, 12, 12<sub>REPS</sub>

45-60'

EXERCISE 8

CABLE TRICEP KICKBACK

Equipment: Cable, Full Gym



3 SETS 12, 12, 12

45-60'

2-DAY: Pull

**EXERCISE 1** 

**PULL-UP** 

**Equipment:** Full Gym

10, 10, 10

**EXERCISE 2** 

BARBELL BENT OVER ROW

Equipment: Barbell, Full Gym

10, 10, 10

**EXERCISE 3** 

**CLOSE GRIP CABLE ROW** 

Equipment: Cable, Full Gym

10, 10, 10, 10

**EXERCISE 4** 

BARBELL UPRIGHT ROW

Equipment: Barbell, Full Gym

10, 10, 10, 10

**EXERCISE 5** 

BARBELL CURL

Equipment: Barbell, Full Gym

10, 10, 10

**EXERCISE 6** 

SEATED INCLINE DUMBBELL CURL

Equipment: Dumbbells, Full Gym

10,10,10

**EXERCISE 7** 

CONCENTRATION CURL

Equipment: Dumbbells, Full Gym

10,10,10

45-60" REST

**EXERCISE 8** 

WRIST CURL

Equipment: Barbell, Dumbbells, Full

Gym

10, 10, 10

3-DAY: Leg

**EXERCISE 1** 

**SQUAT** 

Equipment: Barbell, Full Gym

A TEXAS

4

10,10,10,10

45-60"

**EXERCISE 2** 

ROMANIAN DEADLIFT

Equipment: Barbell, Full Gym

Fitness

3 SETS

10,10,10 REPS 45-60"

**EXERCISE 3** 

**DUMBBELL BULGARIAN SPLIT SQUAT** 

**Equipment:** Bench, Dumbbells, Full Gym

Finess

3 SETS

10, 10, 10<sub>REPS</sub>

45-60" REST

**EXERCISE 4** 

LEG CURL

Equipment: Full Gym, Machine

\$ Tomas

4 SETS

10,10,10,10

45-60"

**EXERCISE 5** 

**BARBELL HIP THRUSTS** 

Equipment: Barbell, Full Gym

Finess

4 SETS

10,10,10,10

45-60"

**EXERCISE 6** 

CALF RAISE

Equipment: Dumbbells, Full Gym

(Filtrania)

4 SETS 12, 12, 12, 12

45-60"

**EXERCISE 7** 

LEG RAISE

Equipment: Full Gym, NO EQUIPMENT

Fitness

3 ETS 15, 15, 15

45-60"

**EXERCISE 8** 

**DECLINE SIT-UP** 

Equipment: Bench, Full Gym



3 SETS 15, 15, 15

30" REST

### 4-DAY: Push

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**BENCH PRESS** 

Equipment: Barbell, Bench, Full Gym



4 SETS

12, 10, 8, 6

45-60"

#### **EXERCISE 2**

**INCLINE BARBELL BENCH PRESS** 

Equipment: Barbell, Bench, Full Gym



4 SETS

10, 10, 8, 6

45-60"

### **EXERCISE 3**

PEC DECK FLY

Equipment: Full Gym, Machine



5 SETS

12, 10, 10, 8 - 12

45-60°

### **EXERCISE 4**

BARBELL MILITARY PRESS (OVERHEAD PRESS)

Equipment: Barbell, Full Gym



4 SETS

10, 10, 8, 8

45-60'

#### **EXERCISE 5**

BENT OVER LATERAL RAISE

Equipment: Dumbbells, Full Gym



4 SETS 10, 10, 10, 10

45-60"

#### **EXERCISE 6**

DUMBBELL FRONT RAISE

Equipment: Dumbbells, Full Gym



3 SETS 12, 12, 12<sub>REPS</sub>

45-60"

#### **EXERCISE 7**

PUSH-DOWN

Equipment: Cable, Full Gym



3 SETS 12, 12, 12<sub>REPS</sub>

45-60

#### **EXERCISE 8**

CABLE TRICEP KICKBACK

Equipment: Cable, Full Gym



3 SETS 12, 12, 12

45-60'

5-DAY: Pull

**EXERCISE 1** 

**PULL-UP** 

Equipment: Full Gym

10, 10, 10

**EXERCISE 2** 

BARBELL BENT OVER ROW

Equipment: Barbell, Full Gym

10, 10, 10

**EXERCISE 3** 

SEATED CABLE ROW

Equipment: Cable, Full Gym

12, 12, 12<sub>REPS</sub>

**EXERCISE 4** 

**FACE PULL** 

Equipment: Cable, Full Gym

10,10,10,10

**EXERCISE 5** 

**Z-BAR PREACHER CURL** 

Equipment: Barbell, Full Gym

10, 10, 10

**EXERCISE 6** 

SEATED INCLINE DUMBBELL CURL

Equipment: Dumbbells, Full Gym

10,10,10

**EXERCISE 7** 

**CONCENTRATION CURL** 

Equipment: Dumbbells, Full Gym

10,10,10

45-60"

**EXERCISE 8** 

WRIST CURL

Equipment: Barbell, Dumbbells, Full

Gym

10, 10, 10

6-DAY: Leg

**EXERCISE 1** 

**SQUAT** 

Equipment: Barbell, Full Gym

A TRANSPORT

4 SETS 10,10,10,10

45-60"

**EXERCISE 2** 

ROMANIAN DEADLIFT

Equipment: Barbell, Full Gym

Farmer

3 SETS

10,10,10 REPS 45-60'

**EXERCISE 3** 

**DUMBBELL BULGARIAN SPLIT SQUAT** 

**Equipment:** Bench, Dumbbells, Full Gym

K-Parama

3 SETS

10, 10, 10

45-60" REST

**EXERCISE 4** 

LEG CURL

Equipment: Full Gym, Machine

& Faces

4 SETS

10,10,10,10

45-60"

**EXERCISE 5** 

**BARBELL HIP THRUSTS** 

Equipment: Barbell, Full Gym

Finoss

4 SETS

10,10,10,10

45-60"

**EXERCISE 6** 

CALF RAISE

Equipment: Dumbbells, Full Gym

(Filtrania)

4 SETS 12, 12, 12, 12

45-60"

**EXERCISE 7** 

LEG RAISE

Equipment: Full Gym, NO EQUIPMENT

Fitness



3 ets 15, 15, 15

45-60"

**EXERCISE 8** 

DECLINE SIT-UP

Equipment: Bench, Full Gym



3 SETS 15, 15, 15

30" REST