



DAYS	MUSCLE GROUP
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MONDAY	STRENGTH ABDOMINAL
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TUESDAY	STRENGTH ABDOMINAL
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WEDNESDAY	<b>ACTIVE REST- CIRCUIT</b>
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THURSDAY	HYPERTROPHY ABDOMINAL
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FRIDAY	HYPERTROPHY ABDOMINAL
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	ARMS & DELTS
SATURDAY	ABDOMINAL

NOTE - RE AND AFTER YOUR WO  
TAKE 2 minutes REST AFT

# STRENGTH-HYPERTROPHY GA

NOTE - PROGRAMM IS DESIGNED KEEPING IN MIND YOUR WORKOUT HABIT AND IT WILL E

EXERCISE	SETS
STRETCHING 10 MNS	
FLAT BENCH PRESS/ INCLINE BENCH PRESS/ DUMBBELL CHEST PRESS	4
BARBELL OVERHEAD PRESS/ DUMBBELL MILITARY PRESS	4
INCLINE DUMBBELL PRESS / DUMBBELL CHEST FLY	4
BARBELL CURLS / CABLE BICEPS CURLS/ DUMBBELL BICEPS CURL	4
TRICEPS EXTENSION DUMBBELL or CABLE	4
DUMBBELL LATERAL RAISES	4
45 degree CRUNCHES or half CRUNCHES	3
NOTE- IN TOTAL SETS TAKE 1ST SET AS YOUR WARM UP SET AND REST AS YOUR WORKING S	
STRETCHING 10 MNS	
BARBBELL SQUATS/HACK SQUATS/ DUMBBELL SQUATS	4
MACHINE LEG PRESS/ LUNGES/ DUMBBELL WALKING LUNGES	4
V BAR PULL DOWN / SINGLE ARM DUMBBELL ROWS	4
PULL UPS / CHIN UPS	2
BENT OVER DUMBBELL ROW / BARBELL ROW/ DEAD LIFT- ANY ONE	4
OBLIQUE CRUNCHES	4
STRETCHING 10 MNS	
<b>JOGG OR LIGHT RUNNING- 10mns</b>	
CROSS TRAINER -10mns	
STRETCHING 10 MNS	
FLAT DUMBBELL PRESS/DUMBBELL CHEST PRESS	4
LAT PULL DOWN / RESISTANCE BAND LAT PULL DOWN	4
SEATED DUMBBELL SHOULDER PRESS	4
DUMBBELL ROWS / PENDLAY ROWS	4
TRICEPS PUSHDOWN/ KICK BACK	4
DUMBBELL LATERAL RAISES	4
INCLINE MACHINE PRESS/ INCLINE CABLE FLY / DUMBBELL FLY	4
SIDE BEND / RUSSIAN TWIST	4
STRETCHING 10 MNS	
<b>WALKING LUNGES - SUPER SET</b>	4
<b>LEG PRESS- SUPER SET / SUMO SQUATS - DUMBBELL</b>	4
LYING LEG CURLS/STIFF LEG DEADLIFT using DUMBBELLS	4
STANDING CALF RAISES / SEATED CALF RAISES	4
STRAIGHT ARM PULL DOWN/ SUPERMAN HOLD- 10 SECx 4 TIMES	4
SEATED CABLE or MACHINE ROWS / RESISTANCE BAND / DUMBBELL ROWS	4
LYING LEG RAISES	4
STRETCHING 10 MNS & WALK 5MNS ON TREADMILL	
BARBELL BICEPS CURLS- <b>SUPER SET</b>	4
REVERSE TRICEPS PUSHDOWN- <b>SUPER SET / DUMBBELL OVERHEAD PRESS</b>	4
FACE PULLS/ BENT OVER FLY	4

MACHINE PREACHER CURLS/ REVERSE CABLE BICEPS/ DUMBBELL REVERSE BICEPS	4
ROPE TRICEPS PUSHDOWN/DUMBBELL KICK BACK	4
DUMBBELL FRONT RAISES	4
<b>TAKE 5 or 10 kg dumbell and do 10 reps of all the exercise without break</b>	
CABLE CRUNCHES	4

WARM UP TO PREVENT ANY INJURY

REST 45 SECONDS AFTER EVERY EXERCISE AND 45 SECONDS REST BETWEEN SETS

# INS

BE CHANGE AS PER REQUIREMENT

## REPEATATIONS

## REST TIME

12--15 REPS -	1 MINUTE REST
12--15 REPS -	1 MINUTE REST
12--15 REPS -	1 MINUTE REST
12--15 REPS -	1 MINUTE REST
12--15 REPS -	1 MINUTE REST
12--15 REPS -	1 MINUTE REST
25 EACH SIDE	45 SECONDS IN SET
SETS	2 MINUTES IN EACH EXERCISE
12--15 REPS -	45 SECONDS IN SET
12--15 REPS -	45 SECONDS IN SET
12--15 REPS -	45 SECONDS IN SET
5 reps	45 SECONDS IN SET
12--15 REPS -	45 SECONDS IN SET
25 EACH SIDE	45 SECONDS IN SET

12--15 REPS -	
12--15 REPS -	45 SECONDS IN SET
12--15 REPS -	45 SECONDS IN SET
12--15 REPS -	45 SECONDS IN SET
12--15 REPS -	45 SECONDS IN SET
12--15 REPS -	45 SECONDS IN SET
12--15 REPS -	45 SECONDS IN SET
15-15 EACH SIDE	15 SECONDS BREAK
	45 SECONDS IN SET
12--15 REPS -	
12--15 REPS -	
12--15 REPS -	45 SECONDS IN SET
12--15 REPS -	45 SECONDS IN SET
12--15 REPS -	45 SECONDS IN SET
12--15 REPS -	45 SECONDS IN SET
20 - 25 REPS	45 SECONDS IN SET
12--15 REPS -	45 SECONDS IN SET
12--15 REPS -	45 SECONDS IN SET
12--15 REPS	45 SECONDS IN SET

12--15 REPS  
12--15 REPS  
12--15 REPS

45 SECONDS IN SET  
45 SECONDS IN SET  
45 SECONDS IN SET

20 REPS

45 SECONDS IN SET