

S.No.	Exercise Name	Sets	Reps	Exercise Tutorial Video Link
<b>Day 1 - Chest</b>				
1 .	Push-up		5 12	<a href="https://www.youtube.com/watch?v=XIHO5t_VBPQ">https://www.youtube.com/watch?v=XIHO5t_VBPQ</a>
2 .	Bench press		5 15	<a href="https://www.youtube.com/watch?v=ukDEXCXjdM">https://www.youtube.com/watch?v=ukDEXCXjdM</a>
3 .	Dumbbell press		5 15	<a href="https://www.youtube.com/watch?v=Vc63DPUoA40">https://www.youtube.com/watch?v=Vc63DPUoA40</a>
4 .	incline bench		5 15	<a href="https://www.youtube.com/watch?v=8YgkJN0gmNM">https://www.youtube.com/watch?v=8YgkJN0gmNM</a>
5 .	Incline dumbbell press		5 15	<a href="https://www.youtube.com/watch?v=8bfJ3sfUTos">https://www.youtube.com/watch?v=8bfJ3sfUTos</a>
6 .	cable cross		4 15	<a href="https://www.youtube.com/watch?v=aoPOs_MjN-g">https://www.youtube.com/watch?v=aoPOs_MjN-g</a>
<b>Day 2 - Tricep</b>				
1 .	Pushup		5 12	<a href="https://www.youtube.com/watch?v=XIHO5t_VBPQ">https://www.youtube.com/watch?v=XIHO5t_VBPQ</a>
2 .	Tricep dips		5 15	<a href="https://www.youtube.com/watch?v=c3ZGl4pAwZ4">https://www.youtube.com/watch?v=c3ZGl4pAwZ4</a>
3 .	Tricep pushdown		5 15	<a href="https://www.youtube.com/watch?v=HIKzvHkibWc">https://www.youtube.com/watch?v=HIKzvHkibWc</a>
4 .	Skull crusher		5 15	<a href="https://www.youtube.com/watch?v=d_KZxkY_0cM">https://www.youtube.com/watch?v=d_KZxkY_0cM</a>
5	cablegrip Overhead extensior		5 15	<a href="https://www.youtube.com/watch?v=mRozZKkGIfg">https://www.youtube.com/watch?v=mRozZKkGIfg</a>
6	Leg raises		5 25	<a href="https://www.youtube.com/watch?v=JB2oyawG9KI">https://www.youtube.com/watch?v=JB2oyawG9KI</a>
<b>Day 3 - Back</b>				
1 .	Pull-ups/ assisted pullups		5 12	<a href="https://www.youtube.com/watch?v=WXMkV11IAk">https://www.youtube.com/watch?v=WXMkV11IAk</a>
2 .	Lat pulldown		5 15	<a href="https://www.youtube.com/watch?v=lueEJGjTuPQ">https://www.youtube.com/watch?v=lueEJGjTuPQ</a>
3 .	Seated cable rowing		5 15	<a href="https://www.youtube.com/watch?v=xQNrFHEMhI4">https://www.youtube.com/watch?v=xQNrFHEMhI4</a>
4 .	Single arm rowing		5 15	<a href="https://www.youtube.com/watch?v=PgpQ4-jHiq4">https://www.youtube.com/watch?v=PgpQ4-jHiq4</a>
5	Close grip lat pulldown		5 15	<a href="https://www.youtube.com/watch?v=ecRF8ERf2q4">https://www.youtube.com/watch?v=ecRF8ERf2q4</a>
6	Hyper-extension		5 15	<a href="https://www.youtube.com/watch?v=qtjJUWCnDyE">https://www.youtube.com/watch?v=qtjJUWCnDyE</a>
<b>Day 4 - Biceps</b>				
1 .	Pull-ups		4 12	<a href="https://www.youtube.com/watch?v=WXMkV11IAk">https://www.youtube.com/watch?v=WXMkV11IAk</a>
2 .	Barbell curls		5 15	<a href="https://www.youtube.com/watch?v=dD18ClxRS04">https://www.youtube.com/watch?v=dD18ClxRS04</a>
3 .	Hammer curls		5 15	<a href="https://www.youtube.com/watch?v=0IAM2YtviQY">https://www.youtube.com/watch?v=0IAM2YtviQY</a>
4 .	Preacher curls		5 15	<a href="https://www.youtube.com/watch?v=RgN216Cumtw">https://www.youtube.com/watch?v=RgN216Cumtw</a>

5	Concentration curls	5	15	<a href="https://www.youtube.com/watch?v=ZcU2hN76UyA">https://www.youtube.com/watch?v=ZcU2hN76UyA</a>
6	Crunches	5	25	<a href="https://www.youtube.com/watch?v=YdZakh0Pkwc">https://www.youtube.com/watch?v=YdZakh0Pkwc</a>
<b>Day5 Shoulder day</b>				
1	Standing military press	4	12	<a href="https://www.youtube.com/watch?v=8E4oWpi0RkA">https://www.youtube.com/watch?v=8E4oWpi0RkA</a>
2	Arnold press	5	15	<a href="https://www.youtube.com/watch?v=X60-yTMOJfw">https://www.youtube.com/watch?v=X60-yTMOJfw</a>
3	Side raises	5	15	<a href="https://www.youtube.com/watch?v=E3abEP8SIh0">https://www.youtube.com/watch?v=E3abEP8SIh0</a>
4	Front raises	5	15	<a href="https://www.youtube.com/watch?v=-t7fuZ0KhDA">https://www.youtube.com/watch?v=-t7fuZ0KhDA</a>
5	Shrugs	5	15	<a href="https://www.youtube.com/watch?v=9xGqgGFAtiM">https://www.youtube.com/watch?v=9xGqgGFAtiM</a>
6	Side bends	5	25	<a href="https://www.youtube.com/watch?v=_bVcLMIYZM8">https://www.youtube.com/watch?v=_bVcLMIYZM8</a>
<b>Day 6 - Legs</b>				
1	Leg press	5	15	<a href="https://www.youtube.com/watch?v=3R0SOJ3alTA">https://www.youtube.com/watch?v=3R0SOJ3alTA</a>
2	Leg extension	5	15	<a href="https://www.youtube.com/watch?v=yR_LqZYSIgM">https://www.youtube.com/watch?v=yR_LqZYSIgM</a>
3	Leg curls	5	15	<a href="https://www.youtube.com/watch?v=QMRI6V5I9QA">https://www.youtube.com/watch?v=QMRI6V5I9QA</a>
4	Walking Lunges	5	20 each leg	<a href="https://www.youtube.com/watch?v=YYWhkctnP2o">https://www.youtube.com/watch?v=YYWhkctnP2o</a>
5	Dumbbell Calf raises	5	25	<a href="https://www.youtube.com/watch?v=wxwY7GXxL4k">https://www.youtube.com/watch?v=wxwY7GXxL4k</a>
<b>Before Workout:</b>	Warm-up – 2 mins Rest time between each round 60-90 secs.			
<b>After Workout:</b>	Cool Down – 60 sec normal walk Stretching			