



WORKOUT PLAN

Guru Mann Fitness Inc. United States

WORKOUT SPLIT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHEST & BACK	SHOULDERS & ARMS	LEGS	CARDIO & ABS	CHEST & BACK	SHOULDERS & ARMS	REST
LEGS	CARDIO & ABS	CHEST & BACK	SHOULDERS & ARMS	LEGS	CARDIO & ABS	REST
CHEST & BACK	SHOULDERS & ARMS	LEGS	CARDIO & ABS	CHEST & BACK	SHOULDERS & ARMS	REST
LEGS	CARDIO & ABS	CHEST & BACK	SHOULDERS & ARMS	LEGS	CARDIO & ABS	REST
CHEST & BACK	SHOULDERS & ARMS	LEGS	CARDIO & ABS	CHEST & BACK	SHOULDERS & ARMS	REST
LEGS	CARDIO & ABS	CHEST & BACK	SHOULDERS & ARMS	LEGS	CARDIO & ABS	REST
CHEST & BACK	SHOULDERS & ARMS	LEGS	CARDIO & ABS	CHEST & BACK	SHOULDERS & ARMS	REST
LEGS	CARDIO & ABS	CHEST & BACK	SHOULDERS & ARMS	LEGS	CARDIO & ABS	REST
CHEST & BACK	SHOULDERS & ARMS	LEGS	CARDIO & ABS	CHEST & BACK	SHOULDERS & ARMS	REST
LEGS	CARDIO & ABS	CHEST & BACK	SHOULDERS & ARMS	LEGS	CARDIO & ABS	REST
CHEST & BACK	SHOULDERS & ARMS	LEGS	CARDIO & ABS	CHEST & BACK	SHOULDERS & ARMS	REST
LEGS	CARDIO & ABS	CHEST & BACK	SHOULDERS & ARMS	LEGS	CARDIO & ABS	REST

CHEST & BACK

EXERCISES	COMBINATION	SETS	REPS
1A. BARBELL INCLINE PRESS 1B. LAT BAR PULLDOWN	Superset	3	12/10/8
2A. MACHINE CHEST PRESS 2B. ROPE ROWS	Superset	3	12/10/8
3A. DB DECLINE PRESS 3B. DB PULLOVER	Superset	3	12/10/8
4A. CABLE FLY 4B. ONE SIDED BARBELL ROWS	Superset	3	12/10/8
CARDIO	Cycling	15mins	

INSTRUCTIONS:

1. There is no rest in-between the superset. Take 1 min rest after every superset.
2. Increase weight in every set.
3. Do 2-3 warm up sets with lightweight.
4. Use waist belt for protection if you lift heavy.
5. Watch workout video on Health & Fitness channel for more info.

SHOULDERS & ARMS

EXERCISES	COMBINATION	SETS	REPS
1A. BARBELL FRONT PRESS 1B. BARBELL UPRIGHT ROWS	Superset	3	12/10/8
2A. DB FRONT RAISE (INCLINE BENCH) 2B. DB REAR DELT FLY 2C. BARBELL SIDE RAISE	Giant set	3	12/10/8
3A. DB HAMMER CURL (SEATED) 3B. DB SKULL CRUSHER	Superset	3	12/10/8
4A. DB INCLINE CURL 4B. DB OVERHEAD EXTENSION	Superset	3	12/10/8
5A. DB SHOULDER PRESS 5B. HIGH ANGLE CABLE CURL 5C. SINGLE HAND TRICEP PRESSDOWN	Giant set	3	12/10/8
CARDIO	Cycling	15mins	

LEGS

EXERCISES	COMBINATION	SETS	REPS
1A. BARBELL SQUAT 1B. LEG EXTENSION	Superset	3	12/10/8
2A. HECK SQUAT 2B. DB STEP UPS	Superset	3	12/10/8
3A. MACHINE LEG PRESS (TOES OUT) 3B. HAMSTRING CURL	Superset	3	12/10/8
4A. DB WALKING LUNGES 4B. CALF RAISE ON LEG PRESS	Superset	3	12/10/8
CARDIO	Cycling	15mins	

INSTRUCTIONS

1. There is no rest in-between the superset. Take 1 min rest after every superset.
2. Do 2-3 warm up sets with lightweight.
3. Use waist belt for protection if you lift heavy.
4. Do DB sumo squat if your gym doesn't have Heck squat machine.
5. Optional exercise: Barbell Deadlift, Front Squat.
6. Watch workout video on Health & Fitness channel for more info.

ABS & CARDIO

EXERCISES	COMBINATION	SETS	REPS
1. LAT BAR CRUNCHES	Superset	3	12/10/8
2. REVERSE CRUNCHES	Superset	3	12/10/8
3. HANGING KNEE RAISE	Superset	3	12/10/8
4. CABLE WOOD CHOPPER	Superset	3	12/10/8
5. PLANK SIDE BY SIDE	Superset	3	12/10/8
6. OBLIQUE CHRUNCHES	Superset	3	12/10/8
CARDIO			
TREADMILL			
WALK - 5MIN	-----	-----	-----
RUNNING - 20MIN			
COOL DOWN - 5MIN			

GOOD LUCK ☺

Regards,
-GM

Guru