



# WORKOUT PLAN



## WORKOUT SPLIT

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	WORKOUT A	WORKOUT B	WORKOUT C	WORKOUT A
TUES	WORKOUT B	WORKOUT C	WOKROUT A	WORKOUT B
WED	REST	REST	REST	REST
THUR	WORKOUT C	WORKOUT A	WORKOUT B	WORKOUT C
FRI	REST	REST	REST	REST
SAT	WORKOUT A	WORKOUT B	WORKOUT C	WORKOUT A
SUN	REST	REST	REST	REST

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
MON	WORKOUT B	WORKOUT C	WORKOUT A	WORKOUT B
TUES	WORKOUT C	WOKROUT A	WORKOUT B	WORKOUT C
WED	REST	REST	REST	REST
THUR	WORKOUT A	WORKOUT B	WORKOUT C	WORKOUT A
FRI	REST	REST	REST	REST
SAT	WORKOUT B	WORKOUT C	WORKOUT A	WORKOUT B
SUN	REST	REST	REST	REST





## WORKOUT A - CHEST / BACK / FOREARMS

No.	EXERCISES	SETS	REPS
1	BARBELL BENCH PRESS	3 SETS	6 REPS
2	2A. BARBELL BENT OVER ROWS 2B. BARBELL SHRUGS	3 SETS 3 SETS	6 REPS 6 REPS
3	BARBELL ROWS SINGLE SIDED	3 SETS	12 REPS
4	4A. BARBELL PULL OVER 4B. BARBELL WRIST CURL	3 SETS 3 SETS	12 REPS 12 REPS
OPTIONAL	BARBELL INCLINE PRESS	3 SETS	6 REPS
OPTIONAL	BARBELL DECLINE PRESS	3 SETS	6 REPS

REST 2 -3 MINS AFTER EVERY SET  
OPTIONAL EXERCISES CAN BE PERFORMED IF NEEDED

## WORKOUT B - SHOULDERS / BICEPS / TRICEPS

No.	EXERCISES	SETS	REPS
1	BARBELL MILITARY PRESS	3 SETS	6 REPS
2	2A. BARBELL FRONT RAISE 2B. BARBELL SHOULDER PRESS (ONE SIDED)	3 SETS 3 SETS	10 REPS 10 REPS
3	BARBELL CURLS	3 SETS	6 REPS
4	4A. BARBELL CLOSE GRIP PRESS 4B. BARBELL BENT OVER CURL	3 SETS 3 SETS	10 REPS 10 REPS
5	SKULL CRUSHER	3 SETS	6 REPS
OPTIONAL	BARBELL PREACHER CURL	3 SETS	6 REPS
OPTIONAL	TRICEPS PRESSDOWN	3 SETS	6 REPS

REST 2 -3 MINS AFTER EVERY SET  
OPTIONAL EXERCISES CAN BE PERFORMED IF NEEDED





## WORKOUT C - QUADS / HAMSTRINGS / CALVES / ABS

No.	EXERCISES	SETS	REPS
1	BARBELL SQUATS	3 SETS	6 REPS
2	BARBELL DEADLIFT	3 SETS	6 REPS
3	3A. BARBELL LUNGES 3B. BARBELL GOOD MORNING	3 SETS 3 SETS	10 REPS 10 REPS
4	BARBELL CALF RAISE	3 SETS	6 REPS
5	5A. BARBELL SIDE TWIST 5B. BARBELL SIDE BENDING	3 SETS 3 SETS	15 REPS 15 REPS
OPTIONAL	LEG PRESS	3 SETS	10 REPS
OPTIONAL	BARBELL STEP UPS	3 SETS	10 REPS
OPTIONAL	INCLINE CRUNCHES (HOLD BARBELL)	3 SETS	10 REPS

REST 2 -3 MINS AFTER EVERY SET  
OPTIONAL EXERCISES CAN BE PERFORMED IF NEEDED

**PLEASE NOTE:** Cardio can be performed 20mins once a week anyway you want.

