WORKOUT PLAN

Prepared for: Fat Loss / Cutting
Prepared by: Guru Mann
Date: December 25, 2017
Program #: 20
### WORKOUT SPLIT

<table>
<thead>
<tr>
<th>Day</th>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Upper Body Push</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Lower Body Push</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Cardio &amp; Abs</td>
</tr>
<tr>
<td>Thursday</td>
<td>Upper Body Pull</td>
</tr>
<tr>
<td>Friday</td>
<td>Lower Body Pull</td>
</tr>
<tr>
<td>Saturday</td>
<td>Cardio &amp; Abs</td>
</tr>
<tr>
<td>Sunday</td>
<td>Rest</td>
</tr>
</tbody>
</table>

### UPPER BODY PUSH

#### EXERCISES

1. Barbell Press
2. DB Fly
3. Barbell Shoulder Press
4. DB Side Raise
5. Barbell Skull Crusher
6. Triceps Press down

#### REPS

- 1. Barbell Press: 4 x 40/30/20/10
- 2. DB Fly: 2 x 20
- 3. Barbell Shoulder Press: 4 x 40/30/20/10
- 4. DB Side Raise: 2 x 20
- 5. Barbell Skull Crusher: 4 x 40/30/20/10
- 6. Triceps Press down: 2 x 20

### LOWER BODY PUSH

#### EXERCISES

1. Barbell Squat
2. DB Split Squat
3. Leg Press
4. Charlie Chaplin Squat
5. Standing Calf Raise

#### REPS

- 1. Barbell Squat: 4 x 40/30/20/10
- 2. DB Split Squat: 2 x 20
- 3. Leg Press: 4 x 40/30/20/10
- 4. Charlie Chaplin Squat: 2 x 20
- 5. Standing Calf Raise: 4 x 40/30/20/10

### UPPER BODY PULL

#### EXERCISES

1. Wide Grip lat Pull Down
2. DB Rows
3. Barbell Curls
4. DB Incline Curl
5. Barbell Shrugs
6. Forearm Curls (behind the hip)

#### REPS

- 1. Wide Grip lat Pull Down: 4 x 40/30/20/10
- 2. DB Rows: 2 x 20
- 3. Barbell Curls: 4 x 40/30/20/10
- 4. DB Incline Curl: 2 x 20
- 5. Barbell Shrugs: 4 x 40/30/20/10
- 6. Forearm Curls (behind the hip): 2 x 20

### LOWER BODY PULL

#### EXERCISES

1. Barbell Deadlift
2. Good Morning
3. Laying Leg Curl
4. Gluteus Body Bridges
5. Hyper Extension
6. Hamstring Extension (optional)

#### REPS

- 1. Barbell Deadlift: 4 x 40/30/20/10
- 2. Good Morning: 2 x 20
- 3. Laying Leg Curl: 4 x 40/30/20/10
- 4. Gluteus Body Bridges: 2 x 20
- 5. Hyper Extension: 4 x 40/30/20/10
- 6. Hamstring Extension (optional): 2 x 20
**CARDIO & ABS**

<table>
<thead>
<tr>
<th>EXERCISES</th>
<th>REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>20min Running on Treadmill</td>
<td>Speed: 7-8mph</td>
</tr>
<tr>
<td>1. Rope Crunches</td>
<td>2 x 20</td>
</tr>
<tr>
<td>2. Spiderman Crunches</td>
<td>2 x 20</td>
</tr>
<tr>
<td>3. Laying Leg Raise</td>
<td>2 x 20</td>
</tr>
<tr>
<td>4. Cross Wood Chopper</td>
<td>2 x 20</td>
</tr>
</tbody>
</table>

**REST: 90-120 secs**

**NOTE: WATCH WORKOUT VIDEOS ON HEALTH & FITNESS YOUTUBE CHANNEL**