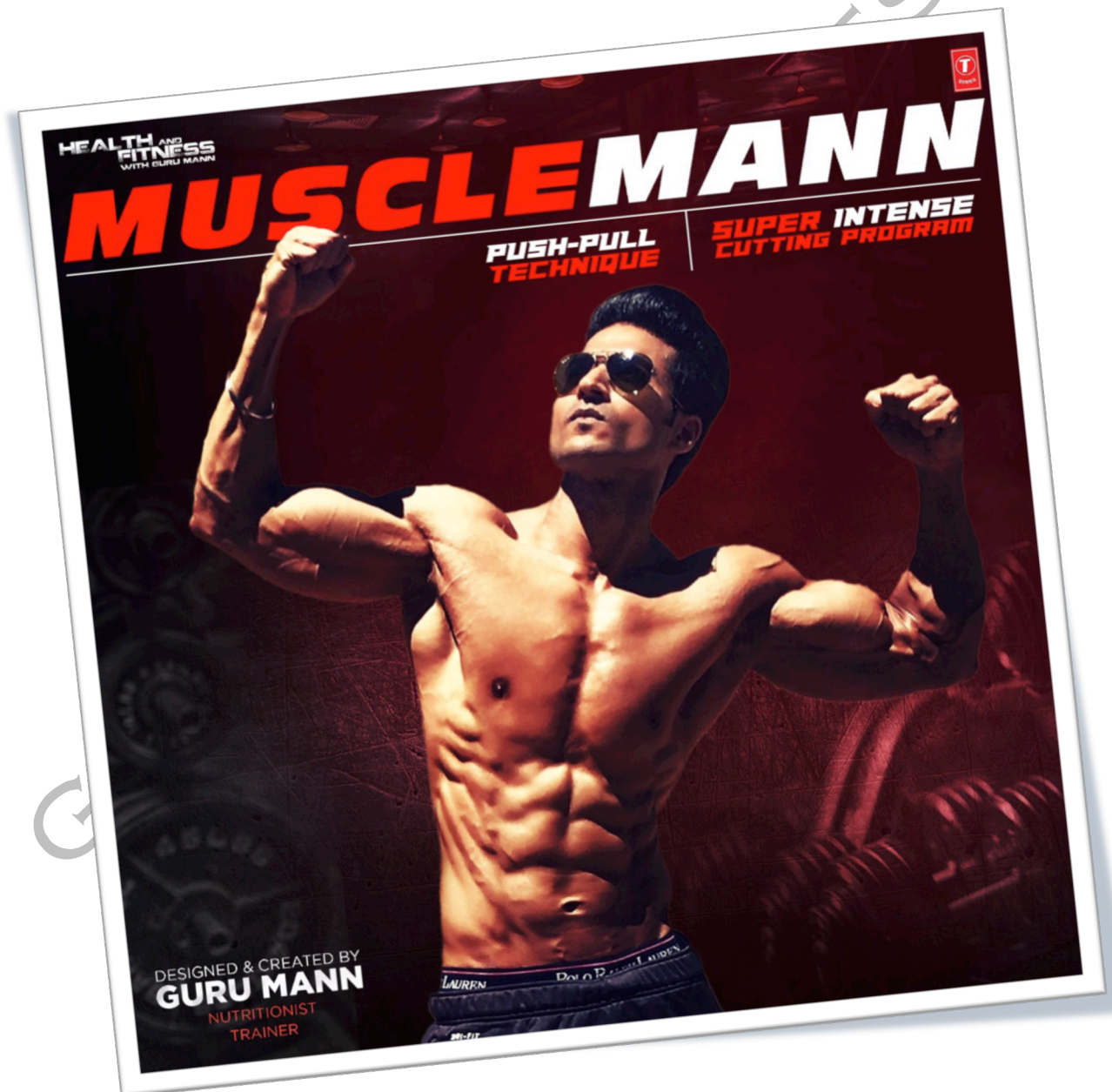

WORKOUT PLAN

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



MUSCLEMANN - WORKOUT PLAN

WORKOUT SPLIT

MONDAY	Upper Body Push
TUESDAY	Lower Body Push
WEDNESDAY	Cardio & Abs
THURSDAY	Upper Body Pull
FRIDAY	Lower Body Pull
SATURDAY	Cardio & Abs
SUNDAY	Rest

UPPER BODY PUSH

Designed & Created by Guru Mann

EXERCISES	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

Designed & Created by Guru Mann

EXERCISES	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

Designed & Created by Guru Mann

EXERCISES	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

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EXERCISES	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

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EXERCISES	REPS
20min Running on Treadmill	Speed: 7-8mph
1. Rope Crunches	2 x 20
2. Spiderman Crunches	2 x 20
3. Laying Leg Raise	2 x 20
4. Cross Wood Chopper	2 x 20

REST: 90-120 secs

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NOTE: WATCH WORKOUT VIDEOS ON HEALTH & FITNESS YOUTUBE CHANNEL