



MUSCLE MODE

WORKOUT SPLIT

MONDAY	AM: Cardio + Abs PM: Chest + Traps
TUESDAY	PM: Arms + Calves
WEDNESDAY	AM: Cardio + Abs PM: Back
THURSDAY	PM: Shoulders
FRIDAY	AM: Cardio + Abs PM: Legs
SATURDAY	PM: Arms + Calves
SUNDAY	Rest

MONDAY - CHEST + TRAPS

Exercise 1: Regular Set

EXERCISES	SETS	REPS	REST
Barbell Press	3	20-15-10	60sec

Exercise 2: Super Set

EXERCISES	SETS	REPS	REST
DB Press	3	10-10-10	60sec
DB Fly	3	10-10-10	

Exercise 3: Regular Set

EXERCISES	SETS	REPS	REST
DB Incline Press	6	20-18-15-12-10-8	60sec

Exercise 4: Super Set

EXERCISES	SETS	REPS	REST
Cable Decline Fly	3	12-10-8	60sec
Dips (Bottom Range)	3	12-10-8	

Exercise 5: Super Set

EXERCISES	SETS	REPS	REST
Barbell Shrugs	3	20-15-10	60sec
Single Plate Front Shrugs	3	20-15-10	

For more info. watch "Chest/Traps" video on Health And Fitness Channel



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TUES/SAT - ARMS + CALVES

Exercise 1: Super Set

EXERCISES	SETS	REPS	REST
Close Grip Barbell Curl	3	20-15-10	60sec
DB Hammer Curl	3	20-15-10	

Exercise 2: Regular Set

EXERCISES	SETS	REPS	REST
Single Hand DB Curl (inward)	3	20-15-10	60sec

Exercise 3: Super Set

EXERCISES	SETS	REPS	REST
High Angle Curls	3	20-15-10	60sec
Triceps Press down (single hand)	3	20-15-10	

Exercise 4: Regular Set

EXERCISES	SETS	REPS	REST
Skull Crusher on Decline bench	6	20-18-15-12-10-8	60sec

Exercise 4: Regular Set

EXERCISES	SETS	REPS	REST
Single Hand DB Curl (inward)	3	20-15-10	60sec

Exercise 5: Regular Set

EXERCISES	SETS	REPS	REST
Bench Dips	3	25-35-25	60sec

Exercise 6: Single Set

EXERCISES	SETS	REPS	REST
Biceps 21's	1	21	--N/A--
Triceps 21's	1	21	

Exercise 7: Super Set

EXERCISES	SETS	REPS	REST
Standing Calf Raises	3	12-10-8	60sec
Seated Calf Raises	3	20-15-10	

For more info. watch "Arms/Calves" video on Health And Fitness Channel



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WEDNESDAY - BACK

Exercise 1: Super Set

EXERCISES	SETS	REPS	REST
Cable Rows	3	20-15-10	60sec
Rope lat Pulldown	3	20-15-10	

Exercise 2: Regular Set

EXERCISES	SETS	REPS	REST
Barbell Rows	6	20-18-15-12-10-8	60sec

Exercise 3: Super Set

EXERCISES	SETS	REPS	REST
Lat Pull down (Stability ball)	3	20-15-10	60sec
Hyper Extension	3	20-15-10	

Exercise 4: Death Set

EXERCISES	SETS	REPS	REST
Pull-ups	1-5	50	No Rest

For more info. watch "Back" video on Health And Fitness Channel

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THURSDAY – SHOULDERS

Exercise 1: Regular Set

EXERCISES	SETS	REPS	REST
Barbell Front Press	6	20-18-15-12-10-8	60sec

Exercise 2: Super Set

EXERCISES	SETS	REPS	REST
DB Press	3	12-10-8	60sec
DB Side Raise	3	12-10-8	

Exercise 3: Super Set

EXERCISES	SETS	REPS	REST
Wide Grip Barbell Rows	3	12-10-8	60sec
Barbell Front Rows	3	12-10-8	

Exercise 4: Super Set

EXERCISES	SETS	REPS	REST
Laying Rear Delt Fly	3	15-12-10	60sec
Inverted Rows	3	15-12-10	

For more info. watch "Shoulders" video on Health And Fitness Channel

FRIDAY - LEGS

Exercise 1: Super Set

EXERCISES	SETS	REPS	REST
Heck Squat	3	20-15-10	60sec
Leg Press	3	20-15-10	

Exercise 2: Regular Set

EXERCISES	SETS	REPS	REST
Barbell Step ups	6	20-18-15-12-10-8	60sec

Exercise 3: Super Set

EXERCISES	SETS	REPS	REST
Deadlift	3	12-10-8	60sec
Leg Press on Smith Machine	3	12-10-8	



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Exercise 4: Regular Set

EXERCISES	SETS	REPS	REST
Walking Lung with Squat	3	10-10-10	60sec

MON/WED/FRI – CARDIO + ABS

Exercise 1: Regular Set

EXERCISES	SETS	REPS	REST
Crunches on Lat Pull down Bar	3	15	30sec

Exercise 2: Regular Set

EXERCISES	SETS	REPS	REST
Flutter Kicks	3	15	30sec

Exercise 3: Regular Set

EXERCISES	SETS	REPS	REST
Side to Side Twist	3	15/side	30sec

Exercise 4: Regular Set

EXERCISES	SETS	REPS	REST
Incline Crunches with Twist	3	10-15	30sec

CARDIO

EXERCISES	TIME	SPEED	WARM UP
Treadmill	30min	10-12kmph	5min

ADDITIONAL INFO:

1. Do Abs & Cardio either in the morning or post workout.
2. Do Abs & Cardio 3 times a week.
3. If your gym doesn't have a treadmill then do cycling or rope skipping.
4. Take rest 45 to 60 sec after each super set/regular set/giant set.
5. Train Biceps, Triceps & Calves twice a week because these are the small muscles recover in 2-3 days.
6. Sunday is your rest day.

GOOD LUCK



Regards,
Guru Mann