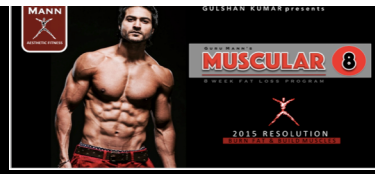


MUSCULAR 8

WORKOUT PLAN

DESIGNED & CREATED BY GURU MANN



WORKOUT PLAN

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	CHEST & RUNNING	ARMS, ABS & ELLIPTICAL	BACK & STATIONARY BIKE	ABS & RUNNING	SHOULDERS & ELLIPTICAL	LEGS & STATIONARY BIKE	REST
WEEK 2	CHEST & RUNNING	ARMS, ABS & ELLIPTICAL	BACK & STATIONARY BIKE	ABS & RUNNING	SHOULDERS & ELLIPTICAL	LEGS & STATIONARY BIKE	REST
WEEK 3	CHEST & RUNNING	ARMS, ABS & ELLIPTICAL	BACK & STATIONARY BIKE	ABS & RUNNING	SHOULDERS & ELLIPTICAL	LEGS & STATIONARY BIKE	REST
WEEK 4	CHEST & RUNNING	ARMS, ABS & ELLIPTICAL	BACK & STATIONARY BIKE	ABS & RUNNING	SHOULDERS & ELLIPTICAL	LEGS & STATIONARY BIKE	REST
WEEK 5	CHEST & RUNNING	ARMS, ABS & ELLIPTICAL	BACK & STATIONARY BIKE	ABS & RUNNING	SHOULDERS & ELLIPTICAL	LEGS & STATIONARY BIKE	REST
WEEK 6	CHEST & RUNNING	ARMS, ABS & ELLIPTICAL	BACK & STATIONARY BIKE	ABS & RUNNING	SHOULDERS & ELLIPTICAL	LEGS & STATIONARY BIKE	REST
WEEK 7	CHEST & RUNNING	ARMS, ABS & ELLIPTICAL	BACK & STATIONARY BIKE	ABS & RUNNING	SHOULDERS & ELLIPTICAL	LEGS & STATIONARY BIKE	REST
WEEK 8	CHEST & RUNNING	ARMS, ABS & ELLIPTICAL	BACK & STATIONARY BIKE	ABS & RUNNING	SHOULDERS & ELLIPTICAL	LEGS & STATIONARY BIKE	REST



MONDAY || CHEST & RUNNING

1a) Barbell Press	3sets x 15-20reps	Rest 60sec
1b) Inclined DB Fly		
2a) DB Decline Press	3sets x 15-20reps	Rest 60sec
2b) Flat DB Fly		
3a) Cable Crossover	3sets x 15-20reps	Rest 60sec
3b) Decline Dips		
4) Pushups (Death Set)	1set x 50reps	
Running	20mins	10-12kmph

TUESDAY || ARMS + ABS + ELLIPTICAL

1a) Cable Overhead Ext	3sets x 15-20reps	Rest 60sec
1b) DB Curl		
2a) Triceps Rope Press down	3sets x 15-20reps	Rest 60sec
2b) Laying Cable Curls		
3a) DB Preacher Curl	3sets x 15-20reps	Rest 60sec
3b) DB Overhead Ext		
4) Cable Curl (Death Set)	1set x 50reps	Rest 90sec
5) DB Kick Back (Death Set)	1set x 50reps	
Elliptical	20mins	10-12Resistance

ABS

A1	Decline Sit ups	3 Rounds	Rest 45sec/set
A2	Reverse Crunches		
A3	Hanging Knee Raise		
A4	Wood Chopper		
A5	Lower Body Twist		

NOTE: There is no rest between A1 to A5 exercises, do all 5 exercises without any rest.



WEDNESDAY || BACK & STATIONARY BIKE

1a) Pull-ups (Warm up)	2sets x 10-15reps	Rest 90sec
2a) Close Grip Lat Pull down 2b) DB Rows	3sets x 15-20reps	Rest 60sec
3a) Cable Lat Pull down 3b) Rope Rows	3sets x 15-20reps	Rest 60sec
4a) DB Pullover (Death Set) 4b) Rope Shrugs	3sets x 15-20reps	Rest 60sec
5) DB Shrugs	3sets x 15-20reps	Rest 60sec
Stationary Bike	20mins	10-12level

THURSDAY || ABS + RUNNING

A1 Decline Sit ups	3 Rounds	Rest 45sec/set
A2 Reverse Crunches		
A3 Hanging Knee Raise		
A4 Wood Chopper		
A5 Lower Body Twist		
<i>NOTE: There is no rest between A1 to A5 exercises, do all 5 exercises without any rest.</i>		
Running	20mins	10-12kmph

FRIDAY || SHOULDERS & ELLIPTICAL

1a) Barbell Front Press	3sets x 15-20reps	Rest 60sec
1b) Barbell Behind the Neck Press		
2a) DB Y-Press	3sets x 15-20reps	Rest 60sec
2b) Wide Grip Upright Rows		
3a) Incline DB Front Raise	3sets x 15-20reps	Rest 60sec
3b) Car Steering		



4) Rear Delt Machine Fly	3sets x 10-10-10reps	Rest 60sec
5) shoulder V-Pushups	1set x 20-50reps	
Elliptical	20mins	10-12kmph

SATURDAY LEGS + ABS + STATIONARY BIKE

1a) Leg Press	3sets x 15-20reps	Rest 60sec
1b) Leg Extension		
2a) Reverse Lunges	3sets x 15-20reps	Rest 60sec
2b) Sumo Deadlift		
3a) DB Stiff Leg Deadlift	3sets x 15-20reps	Rest 60sec
3b) Gluteus Kickback		
4) Body Squat (Death Set)	1set x 50reps	Rest 90sec
5) Seated Calf Raise	3set x 30reps	Rest 90sec
Stationary Bike	20mins	10-12level

ABS

A1	Decline Sit ups	3 Rounds	Rest 45sec/set
A2	Reverse Crunches		
A3	Hanging Knee Raise		
A4	Wood Chopper		
A5	Lower Body Twist		

NOTE: There is no rest between A1 to A5 exercises, do all 5 exercises without any rest.

*******GOOD LUCK*******

