



STRENGTH MODE WORKOUT PLAN

CATAGORY: STRENGTH BUILDING PROGRAM

AGE: 16 TO 60 YEARS

ACTIVITY: GYM WORKOUT

TECHNIQUE: PUSH - PULL

NUTRITION: VEG

DAYS: 4 DAYS WEIGHT TRAINING / 3 DAYS REST

DESIGNED & CREATED BY GURU MANN

MARCH 2021



POWERED BY G OUTFITS



PRESENTED BY T-SERIES



POWER	STRENGTH	HYPERTROPHY	ENDURANCE
1-3 REPS	4-7 REPS	8-14 REPS	15+ REPS

WORKOUT PLAN

DAYS	TECHNIQUES	MUSCLE GROUP
MONDAY	PUSH 1	CHEST & SHOULDERS
TUESDAY	PUSH 2	QUADS & TRICEPS
WEDNESDAY	REST	--
THURSDAY	PULL 1	BACK & TRAPS
FRIDAY	PULL 2	HAMS & BICEPS
SATURDAY	REST	--
SUNDAY	REST	--

MONDAY - PUSH 1 - CHEST & SHOULDERS				
STRENGTH MODE BY GURU MANN	EXERCISE	SETS	REPS	REST
WARM UP	EMPTY BARBELL PRESS, PUSHUPS	2	20-25	--
HEAVY	1. BARBELL BENCH PRESS	3	5	3MIN
HEAVY	2. DB INCLINE PRESS	3	10	3MIN
HEAVY	3. BARBELL SHOULDER PRESS	3	5	3MIN
HEAVY	4. DB SIDE RAISE	2	20-20	3MIN
MEDIUM	5a. CABLE CROSS OVER	2	8	2MIN
	5b. ROPE FRONT RAISE	2	8	

NOTE: 5TH EXERCISE IS A SUPERSET, PERFORM EXERCISE 5a & 5b BACK TO BACK.

TUESDAY - PUSH 2 - QUADS & TRICEPS

STRENGTH MODE BY GURU MANN	EXERCISE	SETS	REPS	REST
WARM UP	EMPTY BARBELL SQUAT, LUNGES	2	20-25	--
HEAVY	1. BACK SQUAT	3	5	3MIN
HEAVY	2. LEG PRESS	3	10	3MIN
HEAVY	3. CLOSE GRIP BENCH PRESS	3	5	3MIN
HEAVY	4. TRICEP PRESS DOWN OR DB OVERHEAD EXTENSION	3	10	3MIN
SUPERSET	5a. STANDING CALF RAISE	2	8	2MIN
	5b. TRICEP DIPS	2	8	

NOTE: 5TH EXERCISE IS A SUPERSET, PERFORM EXERCISE 5a & 5b BACK TO BACK

THURSDAY - PULL 1 - BACK & TRAPS

STRENGTH MODE BY GURU MANN	EXERCISE	SETS	REPS	REST
WARM UP	DR ROWS, LAT PULL DOWN	2	20-25	--
HEAVY	1. WEIGHTED PULL-UPS OR LAT PULLDOWN	3	5	3MIN
HEAVY	2. RACK PULL	3	5	3MIN
HEAVY	3. BARBELL OR DB ROWS	3	10	3MIN
HEAVY	4. BARBELL SHRUGS	3	5	3MIN
SUPERSET	5a. STANDING ROPE ROWS	2	8	2MIN
	5b. ROPE SHRUGS	2	8	

NOTE: 5TH EXERCISE IS A SUPERSET, PERFORM EXERCISE 5a & 5b BACK TO BACK.

FRIDAY - PULL 2 - HAMSTRING & BICEPS

STRENGTH MODE BY GURU MANN	EXERCISE	SETS	REPS	REST
WARM UP	EMPTY BARBELL WIDE SQUAT, LUNGES	2	20-25	--
HEAVY	1. SUMO DEADLIFT	3	5	2MIN
HEAVY	2. STIFF LEG DEADLIFT	3	10	2MIN
HEAVY	3. BARBELL CURL	3	5	2MIN
HEAVY	4. DB CURL	3	10	2MIN
SUPERSET	5a. LAYING BICEPS CURL	2	8	
	5b. LAYING HAMSTRING CURL	2	8	

NOTE: 2 MINUTE REST AFTER EACH SET.

NOTE: WATCH **STRENGTH MODE** WORKOUT VIDEOS ON YOUTUBE



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Good Luck to Everyone

Regards
GM

