

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 MANNMARCH 2021







| 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 5b. ROPE FRONT RAISE | 2 2 | 8 8 | 2MIN |

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 | EMTY BARBELL SQUAT, LUNGES | 2 | 20-25 | |
| HEAVY | 1. BACK SQUAT | 3 | 5 | 3MIN |
| HEAVY | 2. LEG PRESS | 3 | 10 | змім |
| HEAVY | 3. CLOSE GRIP BENCH PRESS | 3 | 5 | змім |
| HEAVY | 4. TRICEP PRESS DOWN OR DB OVERHEAD EXTENSION | 3 | 10 | 3MIN |
| SUPERSET | 5a. STANDING CALF RAISE 5b. TRICEP DIPS | 2 2 | 8 8 | 2MIN |

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

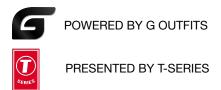
| THURSDAY - PULL 1 - BACK & TRAPS | | | | |
|----------------------------------|---|--------|--------|------|
| STRENGTH MODE BY GURU MANN | EXERCISE | SETS | REPS | REST |
| WARM UP | DR ROWS, LAT PULL DOWN | 2 | 20-25 | |
| HEAVY | 1. WEIGHTED PULL-UPS OR LAT PULLDOWN | 3 | 5 | 3MIN |
| HEAVY | 2.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

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

FRIDAY - PULL 2 - HAMSTRING & BICEPS STRENGTH MODE **EXERCISE** SETS REPS REST BY GURU MANN 2 WARM UP EMPTY BARBELL WIDE SQUAT, 20-25 ---LUNGES **HEAVY** 1. SUMO DEADLIFT 5 3 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



Good Luck to Everyone

Regards GM

