



# UNLOCK THE BEAST

BY GURU MANN



**CATAGORY 1:- MUSCLE GAIN**

**CATAGORY 2:- FAT LOSS**

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First seven days do mix workout with light weight, perform cardio and abs as well.

## 7 DAYS MIX WORKOUT (BOTH CATAGORIES)

<b>MONDAY</b>	<ol style="list-style-type: none"><li>1. BENCH PRESS</li><li>2. DB INCLINE FLY</li><li>3. LAT PULL DOWN</li><li>4. DB ROWS</li><li>5. BARBELL CURL</li><li>6. CABLE CURL</li></ol>	<p>3 X 15 REPS 3 X 15 REPS 3 X 15 REPS 3 X 15 REPS 3 X 15 REPS 3 X 15 REPS</p>	LIGHT WEIGHT
<b>TUESDAY</b>	<ol style="list-style-type: none"><li>1. DB SHOULDER PRESS</li><li>2. DB SIDE RAISE</li><li>3. TRICEPS SKULL CRUSHER</li><li>4. BENCH DIPS</li><li>5. BARBELL SQAUT</li><li>6. DB LUNGES</li><li>7. STANDING CALF RAISE</li></ol>	<p>3 X 15 REPS 3 X 15 REPS 3 X 15 REPS 3 X 15 REPS 3 X 15 REPS 3 X 15 REPS 2 X 15 REPS</p>	LIGHT WEIGHT
<b>WEDNESDAY</b>	<p>CARDIO (TREADMILL)</p> <ol style="list-style-type: none"><li>1. BASIC CRUNCHES</li><li>2. INCLINE CRUNCHES</li><li>3. WOOD CHOPPER</li></ol>	<p>30MINS 2 X 10 REPS 2 X 10 REPS 2 X 10 REPS</p>	LOW INTENSITY

<b>THURSDAY</b>	<ol style="list-style-type: none"> <li>1. INCLINE PRESS</li> <li>2. DECLINE FLY</li> <li>3. MACHINE ROWS</li> <li>4. CLOSE GRIP LAT PULLDOWN</li> <li>5. HAMMER CURL</li> <li>6. REVERSE GRIP CURL</li> </ol>	<p>3 X 15 REPS</p> <p>3 X 15 REPS</p> <p>3 X 15 REPS</p> <p>3 X 15 REPS</p> <p>3 X 15 REPS</p> <p>3 X 15 REPS</p>	LIGHT WEIGHT
<b>FRIDAY</b>	<ol style="list-style-type: none"> <li>1. BARBELL SHOULDER PRESS</li> <li>2. DB REAR DELT FLY</li> <li>3. TRICEP PRESSDOWN</li> <li>4. DB KICK BACK</li> <li>5. LEG PRESS</li> <li>6. LAYING LEG CURL</li> <li>7. SEATED CALF RAISE</li> </ol>	<p>3 X 15 REPS</p> <p>3 X 15 REPS</p> <p>3 X 15 REPS</p> <p>3 X 15 REPS</p> <p>3 X 15 REPS</p> <p>3 X 15 REPS</p> <p>2 X 15 REPS</p>	LIGHT WEIGHT
<b>SATURDAY</b>	<p>CARDIO (BIKE)</p> <ol style="list-style-type: none"> <li>1. LAYING LEG RAISE</li> <li>2. ROPE CRUNCHES</li> <li>3. SIDE CRUNCHES</li> <li>4. PLANK</li> </ol>	<p>30MINS</p> <p>2 X 10 REPS</p> <p>2 X 10 REPS</p> <p>2 X 10 REPS</p> <p>30/40 SEC</p>	LOW INTENSITY



## WORKOUT PLAN FOR MUSCLE GAIN

<b>MONDAY</b> (CHEST & TRICEPS)	<ol style="list-style-type: none"> <li>1. BARBELL BENCH PRESS</li> <li>2. DB INCLINE PRESS</li> <li>3. DB DECLINE FLY</li> <li>4. BARBELL SKULL CRUSHER</li> <li>5. DB OVERHEAD EXTENSION</li> </ol>	<p>3 X 12/10/8 REPS 3 X 12/10/8 REPS 3 X 12/10/8 REPS 3 X 12/10/8 REPS 3 X 12/10/8 REPS</p>	HEAVY WEIGHT
<b>TUESDAY</b> (BACK & BICEPS)	<ol style="list-style-type: none"> <li>1. WIDE GRIP LAT PULL DOWN</li> <li>2. DB ROWS</li> <li>3. MACHINE ROWS OR HAMMER STRENGTH ROWS</li> <li>4. HYPER EXTENSION</li> <li>5. BARBELL CURL</li> <li>6. DB HAMMER CURL</li> </ol>	<p>3 X 12/10/8 REPS 3 X 12/10/8 REPS 3 X 12/10/8 REPS 3 X 12/10/8 REPS 3 X 12/10/8 REPS 3 X 12/10/8 REPS</p>	HEAVY WEIGHT
<b>WEDNESDAY</b> (CARDIO & ABS)	<p>CARDIO (TREADMILL)</p> <ol style="list-style-type: none"> <li>1. INCLINE CRUNCHES</li> <li>2. LAYING LEG RAISE</li> <li>3. WOOD CHOPPER</li> <li>4. PLANKS</li> </ol>	<p>30MINS 3 X 20 REPS 3 X 20 REPS 3 X 20 REPS 40-60SEC</p>	HEAVY WEIGHT
<b>THURSDAY</b> (SHOULDERS)	<ol style="list-style-type: none"> <li>1. BARBELL PRESS</li> <li>2. DB SIDE RAISE</li> <li>3. DB FRONT RAISE</li> <li>4. DB REAR DELT FLY</li> <li>5. BARBELL SHRUGS</li> </ol>	<p>3 X 12/10/8 REPS 3 X 12/10/8 REPS 3 X 12/10/8 REPS 3 X 12/10/8 REPS 3 X 12/10/8 REPS</p>	HEAVY WEIGHT
<b>FRIDAY</b> (LEGS)	<ol style="list-style-type: none"> <li>1. BARBELL BACK SQUAT</li> <li>2. BARBELL DEADLIFT</li> <li>3. LEG EXTENSION</li> <li>4. LAYING LEG CURL</li> <li>5. LEG PRESS (OPTIONAL)</li> <li>6. STANDING CALF RAISE</li> </ol>	<p>3 X 12/10/8 REPS 3 X 12/10/8 REPS 3 X 12/10/8 REPS 3 X 12/10/8 REPS 3 X 12/10/8 REPS 3 X 12/10/8 REPS</p>	HEAVY WEIGHT
<b>SATURDAY</b>	REST	REST	REST
<b>SUNDAY</b>	REST	REST	REST

1. Do warm-up before your workout.
2. Take 2min rest after each set.
3. Increase weight in every set

## WORKOUT PLAN FOR FAT LOSS

<b>MONDAY</b> (CHEST & TRICEPS)	<ol style="list-style-type: none"> <li>1. BARBELL BENCH PRESS</li> <li>2. DB INCLINE FLY</li> <li>3. DB DECLINE PRESS</li> <li>4. BARBELL SKULL CRUSHER</li> <li>5. DB OVERHEAD EXTENSION</li> </ol>	<p>3 X 12/10/10 REPS 3 X 12/10/10 REPS 3 X 12/10/10 REPS 3 X 12/10/10 REPS 3 X 12/10/10 REPS</p>	HEAVY WEIGHT
<b>TUESDAY</b> (BACK & BICEPS)	<ol style="list-style-type: none"> <li>1. WIDE GRIP LAT PULL DOWN</li> <li>2. DB ROWS</li> <li>3. MACHINE ROWS OR HAMMER STRENGTH ROWS</li> <li>4. HYPER EXTENSION</li> <li>5. BARBELL CURL</li> <li>6. DB HAMMER CURL</li> </ol>	<p>3 X 12/10/10 REPS 3 X 12/10/10 REPS 3 X 12/10/10 REPS 3 X 12/10/10 REPS 3 X 12/10/10 REPS 3 X 12/10/10 REPS</p>	HEAVY WEIGHT
<b>WEDNESDAY</b> (SHOULDERS & LEGS)	<ol style="list-style-type: none"> <li>1. BARBELL PRESS</li> <li>2. DB SIDE RAISE</li> <li>3. DB REAR DELT FLY</li> <li>4. BARBELL SQUAT</li> <li>5. LEG CURL</li> <li>6. LEG EXTENSION</li> <li>7. STANDING CALF RAISE</li> </ol>	<p>3 X 12/10/10 REPS 3 X 12/10/10 REPS 3 X 12/10/10 REPS 3 X 12/10/10 REPS 3 X 12/10/10 REPS 3 X 12/10/10 REPS 3 X 12/10/10 REPS</p>	HEAVY WEIGHT
<b>THURSDAY</b> (CHEST & TRICEPS)	<ol style="list-style-type: none"> <li>1. DB INCLINE PRESS</li> <li>2. DB DELCINE FLY</li> <li>3. CABLE CROSSOVER</li> <li>4. TRICEP PUSHDOWN</li> <li>5. DB KICKBACK</li> </ol>	<p>3 X 15/12/12 REPS 3 X 15/12/12 REPS 3 X 15/12/12 REPS 3 X 15/12/12 REPS 3 X 15/12/12 REPS</p>	MEDIUM WEIGHT
<b>FRIDAY</b> (BACK & BICEPS)	<ol style="list-style-type: none"> <li>1. LAYING LEG RAISE</li> <li>2. WOOD CHOPPER</li> </ol>	<p>3 X 20 REPS 3 X 20 REPS</p>	
<b>FRIDAY</b> (BACK & BICEPS)	<ol style="list-style-type: none"> <li>1. CLOSE GRIP PULL DOWN</li> <li>2. CABLE ROWS</li> <li>3. BARBELL ROWS</li> <li>4. REVERSE GRIP CURL</li> <li>5. HIGH ANGLE CURL</li> <li>6. CONC. CURL</li> </ol>	<p>3 X 15/12/12 REPS 3 X 15/12/12 REPS 3 X 15/12/12 REPS 3 X 15/12/12 REPS 3 X 15/12/12 REPS 3 X 15/12/12 REPS</p>	MEDIUM WEIGHT
<b>SATURDAY</b> (SHOULDERS & LEGS)	<ol style="list-style-type: none"> <li>1. DB FRONT RAISE</li> <li>2. SINGLE HAND DB PRESS</li> <li>3. DB SHRUGS</li> <li>4. LEG PRESS</li> <li>5. DB LUNGES</li> <li>6. DB DEADLIFT</li> </ol>	<p>3 X 15/12/12 REPS 3 X 15/12/12 REPS 3 X 15/12/12 REPS 3 X 15/12/12 REPS 3 X 15/12/12 REPS 3 X 15/12/12 REPS</p>	MEDIUM WEIGHT
<b>SUNDAY</b>	REST	REST	REST

## SUPPLEMENTS

<b>WHEY PROTEIN</b>	1 SCOOP MORNING 1 SCOOP POST WORKOUT	WITH OATS WITH WATER	<b>CATAGORY</b> MUSCLE GAIN & FAT LOSS
<b>MULTIVITAMINS</b>	MORNING	WITH BREAKFAST	<b>CATAGORY</b> MUSCLE GAIN & FAT LOSS
<b>PRE WORKOUT</b>	1 SCOOP BEFORE TRAINING	WITH WATER	<b>CATAGORY</b> MUSCLE GAIN & FAT LOSS
<b>CREATINE</b>	5G AFTER TRAINING	WITH WATER OR WHEY	<b>CATAGORY</b> MUSCLE GAIN
<b>CARNITINE</b>	500-1000G BEFORE TAINING	WITH WATER OR PRE WORKOUT DRINK	<b>CATAGORY</b> FAT LOSS

