

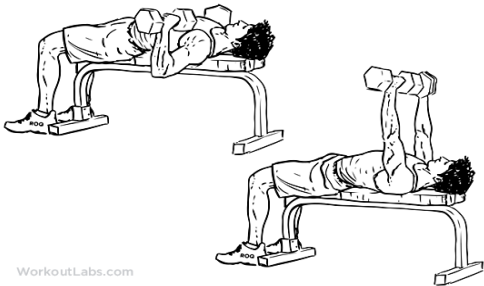
Monday

Morning

Chest, Shoulders and Triceps

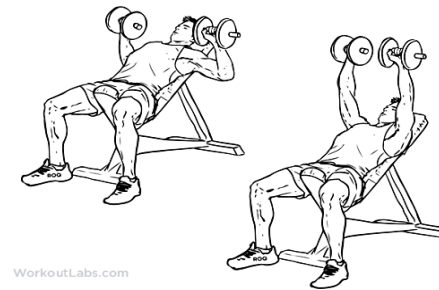
Exercise Sets Reps Rest Notes Data Weight 1 Weight 2

Flat Bench Press 4 8 to 12 0



Dumbbell Chest Flys 4 8 to 12 45 secs Superset 1

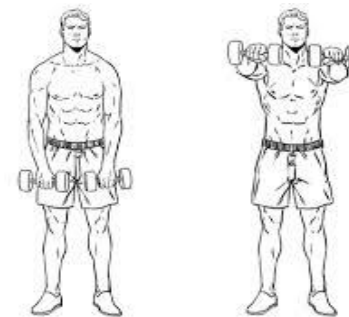




Incline Bench Press

4 8 to 12

0



Front Shoulder Raies

4 8 to 12 45 secs

Superset 2



Bench Press

4 8 to 12

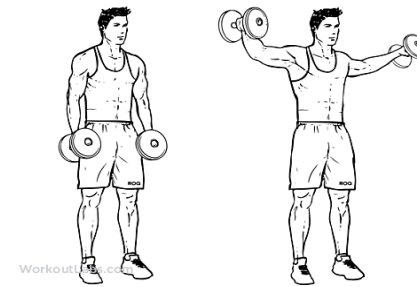
0

Side Sholder Raises

4 8 to 12

45

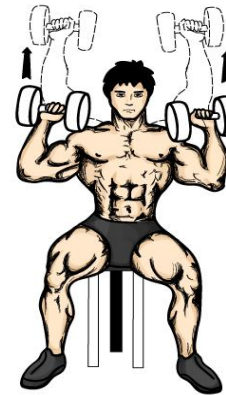
Superset 3



Shoulder Military Press

4 8 to 12

0 Seated



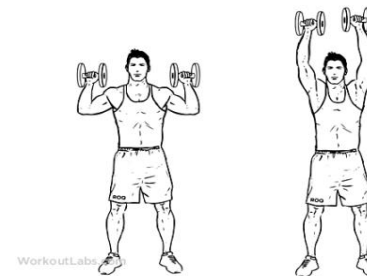
Standing Shoulder Press

4 8 to 12

45 secs

Alternating

Superset 4

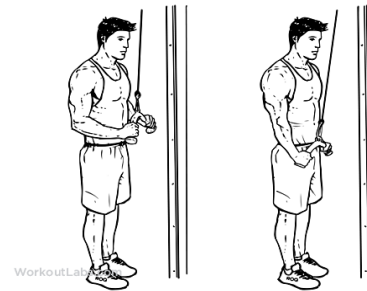




Parallel Bar Dips

4 8 to 12

0



Cable Triceps Pressdown

4 8 to 12 45 secs

Superset 5



Lying Triceps Extensions

4 8 to 12 0 secs Barbell

OH Triceps Extensions

4 8 to 12 45 secs Single-Arm Superset 6



Monday Afternoon

Cardio 30min

Run 2 min Rest 1 Min Repeat for 7 times

or

Elliptical

Run 2 min Rest 1 Min Repeat for 7 times

Evening Home

3 Circuits

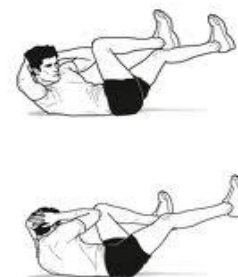
Curl-Ups

15 Reps



Bicycle Crunches

15 Reps



Side Crunches

15 Reps



Hip Ups

15 Reps

Medicine Ball Twists

15 Reps



Weight 3

Weight 4