



Workout Plan 1

		WEEK 4	WEEK 5	WEEK 6
<b>MONDAY</b>				
Bentover barbell rows	3x15			
Barbell shoulder shrugs	3x15			
Squats with KB	3x15			
Band Chest Press	3x15			
KB Swing	3x15			
situps	3x15			
Mid level side twists	3x15			
<b>TUESDAY</b>				
bench press	3x15			
Barbell shoulder press	3x15			
Barbell curls	3x15			
Tricep extensions	3x15			
Cable upright rows	3x15			
leg raises	30			
<b>THURSDAY</b>				
Squat	3x15			
Band Chest Press	3x15			
Cable rows	3x15			
Leg raises	3x15			
Crunches	300			
KB Side Dips	3x15			
<b>FRIDAY</b>				
bench press	3x15			
Dumbbell front lateral raises	3x15			
Bicep barbell curls	3x15			
Tricep pushdowns	3x15			
Close grip pulldowns	3x15			
AB Crunches	150			

Workout Plan 1

		<b>WEEK 7</b>	<b>WEEK 8</b>	<b>WEEK 9</b>
<b>MONDAY</b>				
Squats	3x15			
dead lifts	3x15			
Bicept Hammer curl	3x15			
Pulldown ab crunches	3x15			
Leg raises	3x15			
Crunches	150			
<b>TUESDAY</b>				
I bench press	3x15			
Bentover dumbbell lateral raises	3x15			
Dumbbell side lateral raises	3x15			
Dumbbell front lateral raises	3x15			
Bicep cable curls	3x15			
Tricep pushdowns	3x15			
KB Swing + situps	3x15			
<b>THURSDAY</b>				
Squat	3x15			
Band Chest Press	3x15			
Mid Rows	3x15			
Hyper extensions	3x15			
Pulldown ab crunches	3x15			
Crunches Leg Raises, Bike crunches	300			
<b>FRIDAY</b>				
Dumbell benchpress on ball	3x15			
Dumbell shoulder press sit on ball	3x15			
Bar bicep curls	3x15			
One arm over head dumbell ext.	3x15			
One arm dumbell rows	3x15			
KB Swing	3x15			

Workout Plan 1

		WEEK 10	WEEK 11	WEEK 12
<b>MONDAY</b>				
Chest Press	3x15			
Stiff leg dead lifts	3x15			
Wide grip pulldowns	3x15			
Incline situps	3x15			
Leg raises	3x15			
Crunches	300			
<b>TUESDAY</b>				
Wide grip pulldowns	3x15			
close grip rows	3x15			
Side lateral raises	3x15			
Barbell shoulder press	3x15			
Bicep dumbbell preacher curls	3x15			
Tricep pushdowns	3x15			
KB Swing + Situps	3x15			
<b>THURSDAY</b>				
Squats	3x15			
Band Chest Press	3x15			
Deadlifts	3x15			
Seated cable rows	3x15			
Standing calf raise	3x15			
Pulldown ab crunches	3x15			
Crunches	300			
<b>FRIDAY</b>				
Pushups with feet on ball	3x15			
Seated dumbbell shoulder press	3x15			
<i>Standing one arm dumbbell curls (S)</i>	3x15			
<i>One arm overhead dumbbell ext. (S)</i>	3x15			
Close grip pulldowns	3x15			
KB Swing + Situps	3x15			