

WEEK DAY	MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
WORKOUT DAY	PUSH	PULL	LEG	PUSH	PULL	LEG
MUSCLE GROUPS	CHEST TRICEPS SHOULDER	TRAPS(UPPER BACK) LATS BICEPS	QUADS HEMSTRINGS CALFS	CHEST TRICEPS SHOULDER	LOWERBACK BICEPS LATS	QUADS HEMSTRINGS CALFS
GROUP-1	BENCH PRESS INCLINED BENCH PRESS INCLINED MACHINEBENCH PRESS CABLE FLY	DEADLIFT T-BAR ROW FACEPULL SHRUGS	SQUATS LEG PRESS HECK SQUAT LEG EXTENSION	DUMBELL BENCH PRESS INCLINED DUMBELL FLY INCLINED MACHINEBENCH PRESS MACHINE CHEST FLY	DEADLIFT BACK EXTENTION SUPERMAN BENT OVER ROW	SQUATS LEG PRESS HECK SQUAT LEG EXTENSION
GROUP-2	ROD TRICEPS PUSH DOWN ROPE TRICEPS PUSH DOWN DUMBELL TRICEPS PUSH DOWN TRICEPS OVERHEAD EXTENTION	LAT PULL DOWN SEATED CABLE ROW DUMBELL ROW T BAR ROW	LEG CURLS ROMANIAN DEADLIFT GOOD MORNING NORDIC HAMSTRING CURL(MUST TRY)	TRICEP DIPS SKULL CRUSH ROPE TRICEPS PUSH DOWN ROD TRICEPS PUSH DOWN	LAT PULL DOWN SEATED CABLE ROW DUMBELL ROW T BAR ROW	LEG CURLS ROMANIAN DEADLIFT GOOD MORNING NORDIC HAMSTRING CURL(MUST TRY)
GROUP-3	ARNOLD PRESS SHOULDER PRESS LATERAL RAISES FRONT RAISES	ROD CURLS ROPE HAMMER CURLS CONCENTRATED CURLS LIGHT WEIGHT DUMBELL CURLS	BARBELL CALF RAISE CALF PRESS DUMBELL CALF RAISES FREE WEIGHT CALF RAISE(VARIOUS ANGLES)	BARBELL SHOULDER PRESS ARNOLD PRESS BARBELL FRONT SHRUGS SHOULDER PRESS	ROD CURLS ROPE HAMMER CURLS CONCENTRATED CURLS LIGHT WEIGHT DUMBELL CURLS	BARBELL CALF RAISE CALF PRESS DUMBELL CALF RAISES FREE WEIGHT CALF RAISE(VARIOUS ANGLES)