



MUSCLE MODE

WORKOUT SPLIT

| | |
|------------------|---|
| MONDAY | AM: Cardio + Abs PM: Chest + Traps |
| TUESDAY | PM: Arms + Calves |
| WEDNESDAY | AM: Cardio + Abs PM: Back |
| THURSDAY | PM: Shoulders |
| FRIDAY | AM: Cardio + Abs PM: Legs |
| SATURDAY | PM: Arms + Calves |
| SUNDAY | Rest |

MONDAY - CHEST + TRAPS

Exercise 1: Regular Set

| EXERCISES | SETS | REPS | REST |
|---------------|------|----------|-------|
| Barbell Press | 3 | 20-15-10 | 60sec |

Exercise 2: Super Set

| EXERCISES | SETS | REPS | REST |
|-----------|------|----------|-------|
| DB Press | 3 | 10-10-10 | 60sec |
| DB Fly | 3 | 10-10-10 | |

Exercise 3: Regular Set

| EXERCISES | SETS | REPS | REST |
|------------------|------|------------------|-------|
| DB Incline Press | 6 | 20-18-15-12-10-8 | 60sec |

Exercise 4: Super Set

| EXERCISES | SETS | REPS | REST |
|---------------------|------|---------|-------|
| Cable Decline Fly | 3 | 12-10-8 | 60sec |
| Dips (Bottom Range) | 3 | 12-10-8 | |

Exercise 5: Super Set

| EXERCISES | SETS | REPS | REST |
|---------------------------|------|----------|-------|
| Barbell Shrugs | 3 | 20-15-10 | 60sec |
| Single Plate Front Shrugs | 3 | 20-15-10 | |

For more info. watch "Chest/Traps" video on Health And Fitness Channel



MUSCLE MODE

TUES/SAT - ARMS + CALVES

Exercise 1: Super Set

| EXERCISES | SETS | REPS | REST |
|-------------------------|------|----------|-------|
| Close Grip Barbell Curl | 3 | 20-15-10 | 60sec |
| DB Hammer Curl | 3 | 20-15-10 | |

Exercise 2: Regular Set

| EXERCISES | SETS | REPS | REST |
|------------------------------|------|----------|-------|
| Single Hand DB Curl (inward) | 3 | 20-15-10 | 60sec |

Exercise 3: Super Set

| EXERCISES | SETS | REPS | REST |
|----------------------------------|------|----------|-------|
| High Angle Curls | 3 | 20-15-10 | 60sec |
| Triceps Press down (single hand) | 3 | 20-15-10 | |

Exercise 4: Regular Set

| EXERCISES | SETS | REPS | REST |
|--------------------------------|------|------------------|-------|
| Skull Crusher on Decline bench | 6 | 20-18-15-12-10-8 | 60sec |

Exercise 4: Regular Set

| EXERCISES | SETS | REPS | REST |
|------------------------------|------|----------|-------|
| Single Hand DB Curl (inward) | 3 | 20-15-10 | 60sec |

Exercise 5: Regular Set

| EXERCISES | SETS | REPS | REST |
|------------|------|----------|-------|
| Bench Dips | 3 | 25-35-25 | 60sec |

Exercise 6: Single Set

| EXERCISES | SETS | REPS | REST |
|--------------|------|------|---------|
| Biceps 21's | 1 | 21 | --N/A-- |
| Triceps 21's | 1 | 21 | |

Exercise 7: Super Set

| EXERCISES | SETS | REPS | REST |
|----------------------|------|----------|-------|
| Standing Calf Raises | 3 | 12-10-8 | 60sec |
| Seated Calf Raises | 3 | 20-15-10 | |

For more info. watch "Arms/Calves" video on Health And Fitness Channel



MUSCLE MODE

WEDNESDAY - BACK

Exercise 1: Super Set

| EXERCISES | SETS | REPS | REST |
|-------------------|------|----------|-------|
| Cable Rows | 3 | 20-15-10 | 60sec |
| Rope lat Pulldown | 3 | 20-15-10 | |

Exercise 2: Regular Set

| EXERCISES | SETS | REPS | REST |
|--------------|------|------------------|-------|
| Barbell Rows | 6 | 20-18-15-12-10-8 | 60sec |

Exercise 3: Super Set

| EXERCISES | SETS | REPS | REST |
|--------------------------------|------|----------|-------|
| Lat Pull down (Stability ball) | 3 | 20-15-10 | 60sec |
| Hyper Extension | 3 | 20-15-10 | |

Exercise 4: Death Set

| EXERCISES | SETS | REPS | REST |
|-----------|------|------|---------|
| Pull-ups | 1-5 | 50 | No Rest |

For more info. watch "Back" video on Health And Fitness Channel



MUSCLE MODE

THURSDAY – SHOULDERS

Exercise 1: Regular Set

| EXERCISES | SETS | REPS | REST |
|---------------------|------|------------------|-------|
| Barbell Front Press | 6 | 20-18-15-12-10-8 | 60sec |

Exercise 2: Super Set

| EXERCISES | SETS | REPS | REST |
|---------------|------|---------|-------|
| DB Press | 3 | 12-10-8 | 60sec |
| DB Side Raise | 3 | 12-10-8 | |

Exercise 3: Super Set

| EXERCISES | SETS | REPS | REST |
|------------------------|------|---------|-------|
| Wide Grip Barbell Rows | 3 | 12-10-8 | 60sec |
| Barbell Front Rows | 3 | 12-10-8 | |

Exercise 4: Super Set

| EXERCISES | SETS | REPS | REST |
|----------------------|------|----------|-------|
| Laying Rear Delt Fly | 3 | 15-12-10 | 60sec |
| Inverted Rows | 3 | 15-12-10 | |

For more info. watch "Shoulders" video on Health And Fitness Channel

FRIDAY - LEGS

Exercise 1: Super Set

| EXERCISES | SETS | REPS | REST |
|------------|------|----------|-------|
| Heck Squat | 3 | 20-15-10 | 60sec |
| Leg Press | 3 | 20-15-10 | |

Exercise 2: Regular Set

| EXERCISES | SETS | REPS | REST |
|------------------|------|------------------|-------|
| Barbell Step ups | 6 | 20-18-15-12-10-8 | 60sec |

Exercise 3: Super Set

| EXERCISES | SETS | REPS | REST |
|----------------------------|------|---------|-------|
| Deadlift | 3 | 12-10-8 | 60sec |
| Leg Press on Smith Machine | 3 | 12-10-8 | |



MUSCLE MODE

Exercise 4: Regular Set

| EXERCISES | SETS | REPS | REST |
|-------------------------|------|----------|-------|
| Walking Lung with Squat | 3 | 10-10-10 | 60sec |

MON/WED/FRI – CARDIO + ABS

Exercise 1: Regular Set

| EXERCISES | SETS | REPS | REST |
|-------------------------------|------|------|-------|
| Crunches on Lat Pull down Bar | 3 | 15 | 30sec |

Exercise 2: Regular Set

| EXERCISES | SETS | REPS | REST |
|---------------|------|------|-------|
| Flutter Kicks | 3 | 15 | 30sec |

Exercise 3: Regular Set

| EXERCISES | SETS | REPS | REST |
|--------------------|------|---------|-------|
| Side to Side Twist | 3 | 15/side | 30sec |

Exercise 4: Regular Set

| EXERCISES | SETS | REPS | REST |
|-----------------------------|------|-------|-------|
| Incline Crunches with Twist | 3 | 10-15 | 30sec |

CARDIO

| EXERCISES | TIME | SPEED | WARM UP |
|-----------|-------|-----------|---------|
| Treadmill | 30min | 10-12kmph | 5min |

ADDITIONAL INFO:

1. Do Abs & Cardio either in the morning or post workout.
2. Do Abs & Cardio 3 times a week.
3. If your gym doesn't have a treadmill then do cycling or rope skipping.
4. Take rest 45 to 60 sec after each super set/regular set/giant set.
5. Train Biceps, Triceps & Calves twice a week because these are the small muscles recover in 2-3 days.
6. Sunday is your rest day.

GOOD LUCK



Regards,
Guru Mann