

8 WEEKS MUSCLE GAIN WORKOUT PROGRAM

DAY 1 - CHEST/TRICEPS/SHOULDERS

	EXERCISE	SETS	REPS
CHEST	1 INCLINE DB PRESS	4	12/10/8/6
	2 MACHINE CHEST PRESS (REGULAR GRIP+HAMMER GRIP)	3	10/10/10
	3 DECLINE DB PRESS	3	12/10/8
SHOULDERS	1 SMITH MACHINE MILITARY PRESS	4	10/8/8/6
	2 INCLINE DB SIDE RAISES	3	12/10/8
TRICEPS	1 EZ-BAR SKULL CRUSHER	3	12/10/8
	2 DB OVERHEAD EXTENSION	3	12/10/8
	3 SINGLE HAND TRICEP PUSHDOWN	3	12/10/8



**AMITK
FITNESS**

DAY 2- BACK & BICEPS & ABS

	EXERCISE	SETS	REPS
BACK	1 WIDE GRIP LAT PULLDOWN	4	10/10/8/6
	2 BB ROWS	3	10/10/10
	3 HYPER EXTENSION	3	12/10/8
	4 ROPE SHRUG	3	12/10/8
BICEPS	1 BB CURL	3	12/10/8
	2 CLOSE-GRIP BB CURL	3	10/10/8
	3 HIGH ANGLE CABLE CURL	3	12/10/8
ABS	1 V-CRUNCH	3	15/15/15
	2 RUSSIAN TWIST	3	15/15/15
	3 ELBOW PLANKS	3	90 SECONDS HOLD



**AMITK
FITNESS**

AMITK
FITNESS

DAY 3-LEG & CARDIO

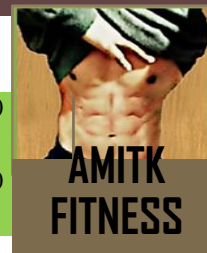
	EXERCISE	SETS	REPS
CARDIO			
	RUNNING		20 MINTS
LEG			
	1 SMITH MACHINE SQUATS	4	12/10/8/8
	2 SMITH MACHINE LEG PRESS (WIDE STANCE)	3	10/10/8
	3 LEG PRESS	3	10/8/8
	4 GLUTE BRIDGE (WITH BB OR PLATE)	3	15/15/15
	5 SINGLE LEG EXETENSION	3	15/15/15
ABS			
	1 INCLINE CRUNCH	3	15/15/15
	2 FLUTTER KICKS	3	20/20/20 (EACH LEG)
	3 SIDE PLANK	3	60 SEC HOLD (EACH SIDE)



DAY 4-----OFF-----

DAY 5- CHEST/SHOULDER/TRICEPS

	EXERCISE	SETS	REPS
CHEST			
	1 PEC DEC FLY	3	10/10/10
	2 CABLE FLY(UPRIGHT)	3	12/10/8
	3 SEVND PRESS	3	12/10/10



SHOULDERS

1 SEATED PARALLEL GRIP DB SHOULDER PRESS	4	10/8/8/8
2 BB UPRIGHT ROW(WIDE GRIP)	3	10/10/10
3 REAR DELT CABLE FLY	3	12/12/12

TRICEPS

1 LAT BAR TRICEP PUSHDOWN	3	12/10/8
2 TRICEP BENCH DIPS	3	12/10/10
3 BODYWEIGHT TRICEPS EXTENSION	3	MAX

DAY 6 - BACK/BICEPS/ABS

EXERCISE	SETS	REPS
BACK		
1 CLOSE GRIP LAT PULLDOWN	4	10/8/8/6
2 ROP ROWS	3	12/10/10
3 SINGLE HAND LAT PULL DOWN	3	12/10/8
4 DB PULLOVER	3	12/10/10
5 SMITH MACHINE SHRUGS	3	12/10/8

BICEPS

1 DB PREACHER CURL	3	10/10/8/6
2 DB INWARLD CURL	3	10/10/10
3 BICEP CABLE CURL (ELBOW POINTING BACK)	3	10/10/10

ABS

1 LAT BAR CRUNCH	3	15/15/15
2 MOUNTAIN CLIMBER (EACH SIDE)	3	15/15/15
3 SIDE PLANK WITH ROTATION	3	15/15/15



**AMITK
FITNESS**

