

Workout A (Tuesdays) Shoulders, Biceps, Triceps																						
	EXERCISE	BODY	W1		Date:10/2		W2		Date:21/2		W3		Date:26/2		W4		Date:3/3		W5		Date:14/3	
			REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS
1	Dumbbell Incline Shoulder Raise	Traps (I)																				
2	Row (To Neck)	Traps (C)																				
3	Cable Push Downs	Triceps (I)																				
4	Triceps Machine	Triceps (C)																				
5	Dumbbell Extensions	Triceps (I)																				
6	Press Machine	Shoulders (I)																				
7	Barbell Rear Delt Row	Shoulders (C)																				
8	Bent Over Dumbbell Rear Delt Raise	Shoulders (I)																				
9	Machine Curlys	Biceps (I)																				
10	Barbell Curlys	Biceps (C)																				
11	Hammer Curlys	Biceps (C)																				

Training Notes:

Workout B (Thursdays) Thighs, Hamstrings, and Calves																					
EXERCISE	BODY	W1		Date:12/2		W2		Date:17/2		W3		Date:28/2		W4		Date:5/3		W5		Date:10/3	
		REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS
1	Dumbbell Squats																				
2	Leg Press (centred & together)																				
3	Leg Extensions																				
4	Dumbbell Sumo Squat																				
5	Lying Leg Curis																				
6	Seated Leg Curis																				
7	Calve Press																				
8	Seated Barbell Calve Raises																				

Training Notes:

Workout C (Saturdays) Chest, Back, Abs																						
	EXERCISE	BODY	W1		Date:14/2		W2		Date:19/2		W3		Date:24/2		W4		Date:7/3		W5		Date:12/3	
			REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS
1	Bench Press	Chest (C)																				
2	Dumbbell Pullover	Chest (C)																				
3	Butterfly (Machine)	Chest (I)																				
4	Lat Pulldowns (wide-grip)	U Back (C)																				
5	Back Lat Pulldowns (wide-grip)	U Back (C)																				
6	Elevated Cable Rows	U/L Back (C)																				
7	Superman	L Back (C)																				
8	Body Crunch Combo	Abs (C)																				
9	Abs Machine	Abs (C)																				
10	Torso Rotation	Obliques (I)																				

Training Notes:

Week No.	MON	TUE	WED	THU	FRI	SAT	SUN
ONE		A (10/2)		B (12/2)		C (14/2)	
TWO		B (17/2)		C (19/2)		A (21/2)	
THREE	MORNING JOG (30min)	C (24/2)	MORNING JOG (30min)	A (26/2)	MORNING JOG (30min)	B (28/2)	TOTAL REST
FOUR		A (3/3)		B (5/3)		C (7/3)	
FIVE		B (10/3)		C (12/3)		A (14/3)	

Program Design Notes: