

Workout Programme 1

Monday: CHEST AND BICEPS

Exercise	Sets	Reps
Decline Press	4	10
Incline Bench Press	4	12
Hammer Strength press	4	10
Low Incline Flyes	4	12
Seat Incline Dumbbell Curls	4	10
Close Grip EZ Bar Curls	3	12
Barbell Curls	4	15

Tuesday: BACK AND TRAPS

Exercise	Sets	Reps
Straight Arm Rope Pull Downs	4	15
Under Hand Barbell Rows	4	10
Under Hand Lat Pull Downs	4	12
Smith Machine Dead Lifts	3	10
Seat Cable Rows	3	10
Behind Neck Lat Pull Downs	3	12
Rope Shrugs	4	15

Thursday: Shoulders and Triceps

Exercise	Sets	Reps
Side Laterals	4	10
Front Raises	4	12
Rear Delts	4	10
Shoulder Press	4	12
Dips	4	10
Skull Crushers	3	12
Single Arm Behind Neck Extensions	4	15

Friday: Legs

Exercise	Sets	Reps
Leg Extensions	4	10
Squats	4	12
Leg Press	4	10
Lunges	4	12
Seated Leg Curls	4	10
Hack Squat Dead lifts	3	12
Lying Leg Curls	4	15

**DO CALVES AND FOREARMS ON ALTERNATE DAYS.
ABS TWICE A WEEK**



Workout Programme 2

Monday: CHEST AND BICEPS

Exercise	Sets	Reps
Incline Smith Machine Press	4	10
Low Incline Dumbbell Press	4	12
Decline Press	4	10
Cable Cross Overs	4	12
Hammer Dumbbell Curls	4	10
Seated Single Arm Dumbbell Curls	3	12
Concentration Curls	4	15

Tuesday: BACK AND TRAPS

Exercise	Sets	Reps
Straight Arm Rope Pull Downs	4	15
T-Bar Rows	4	10
Seated Hammer Pulls	4	12
Smith Machine Dead Lifts	3	10
Single Arm Dumbbell Rows	3	10
Close Grip Lat Pull Downs	3	12
Behind Back Shrugs	4	15

Thursday: Shoulders and Triceps

Exercise	Sets	Reps
Side Laterals	4	10
Front Raises	4	12
Rear Delts	4	10
Shoulder Press	4	12
Dips	4	10
Behind Neck Extensions	3	12
Dumbbell Skull Crushers	4	15

Friday: Legs

Exercise	Sets	Reps
Leg Extensions	4	10
Squats	4	12
Leg Press	4	10
Lunges	4	12
Seated Leg Curls	4	10
Hack Squat Dead lifts	3	12
Lying Leg Curls	4	15

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Off Season Diet

Meal 1: Breakfast/ Pre Workout

9 eggs (3 whole, 6 whites)
250g Oats
1 orange
Large Cup of Coffee

Meal 2: Post Workout

1 Scoop Whey Protein
1 Flap Jack

Meal 3: 1 hour after Post Workout Meal

300g Chicken
250g Rice
2 table spoons of peanut butter

Meal 4:

250g Steak
1 large jacket potato

Meal 5:

2 scoops Mass Gainer Protein Shake
1 Banana

Meal 6:

300g Chicken
200g Sweet potato

Meal 7:

2 Scoop Whey Protein Shake
50g Oats

Daily Total:

Calories: 4990
Protein: 455g
Carbs: 559g
Fat: 97g

