

Muscle Time

Learn something new and get fit and fine

ANY QUERIES PLZ CALL NOW

8080977322 / 8766055005

INFO@muscletime.co.in

WORKOUT PLAN Gain

Monday: Quads/Calves

- Leg Extensions 5×20
- Squats 4x15
- Leg Press 4x15
- Single Leg Extension 3x20
- Seated Calf Raises 4x10
- Standing Calf Raises 3x8-12

Tuesday: Chest/Triceps/Abs

- Incline Bench Press 5×10-20
- Incline Hammer Press 4x10-15
- Dumbbell Fly's 4x10
- Decline Chest Press 4x8-12
- Dips 3x10
- Triceps Extension 3x10
- Incline Skull Crushers 4x10

Wednesday: Back/Biceps

- Lat Pulldown Wide Grip 4x10
- Rows 4x10
- One Arm Dumbbell Rows 3x10-15
- Lat Pulldown Reverse Grip 3x10-15
- Deadlifts 4x10
- Hammer Curls 3x10-15
- Preacher One Arm Dumbbell Curls 3x10-15

Thursday: Rest

Friday: Shoulders/Traps

- Seated Dumbbell Shoulder Press 4x10-20
- Seated Lateral Side Raises 4x10-20
- Rear Delt Machine 4x10-20
- Upright Row 4x10-20
- Dumbbell Shrugs 4x10-20

Saturday: Hamstrings/Abs

Lying Leg Curls 4×15-20
Stiff Legged Deadlift 4×6-12
Hamstring One Leg Curls 4x10-20
Crunches 3x15
Hanging Leg Raises 3x20

Sunday: Rest