

SWEAT N SPICE

CIPHER WORKOUT PROGRAM

LET'S GROW WITH A
GOAL BASED PROGRAM

FOR
INTERMEDIATES

START NOW

@romitd0019

CIPHER WORKOUT PROGRAM



Sr. No.	Day	Exercise	Type
1	Monday	Legs & Core	Strength
2	Tuesday	Push	Strength
3	Wednesday	Pull	Strength
4	Thursday	Legs & Core	Hypertrophy
5	Friday	Push	Hypertrophy
6	Saturday	Pull	Hypertrophy
7	Sunday	Rest Day	Recovery

Legs & Core (Strength)

Sr. No.	Exercise	Sets	Reps
1	Stiff Leg deadlift/Trap Bar Deadlift	3	10,8,6
2	Leg Press/Bulgarian Split Squat	3	10,8,6
3	BB Squats	3	8,6,5
4	Seated Leg Raise	4	15,12,10,8
5	Leg raises	3	15 each
6	Russian Twists (weighted)	3	30 each
7	Decline Sit-ups (weighted)	3	12 each

Push (Strength)

Sr. No.	Exercise	Sets	Reps
1	Incline Bench Press	3	8,6,5
2	DB Flat Bench Press	3	10,8,6
3	Dips	3	10,10,8
4	BB Overhead Press	3	8,6,5
5	Lateral raises Cable/DB	3	12,10,8
6	BB Close-grip Press	2	8,6
7	EZ Bar Triceps Extension	3	10,8,6

Sr. No.	Exercise	Sets	Reps
1	BB Bent-Over Rows/DB Rows	3	10,8,6
2	T-bar Rows (with handle)	3	10,8,6
3	DB Pullovers (Lats)	3	10,10,8
4	BB Shrugs	3	10,8,8
5	Upright Rows	2	10,10
6	EZ Bar Curls	3	10,8,6
7	Incline DB Curls	3	10,8,6

Sr. No.	Exercise	Sets	Reps
1	Leg Extension	4	15,12,10,8
2	Hamstring Curl	3	12,10,8
3	DB V Abductor Squats/Reverse Lunges	3	10,10,10
4	Standing Calf Raises	4	15,15,12,12
5	Reverse Crunches	3	12
6	Heel Taps	3	20
7	Cable Crunches	3	15

Push (Hypertrophy)

Sr. No.	Exercise	Sets	Reps
1	Incline DB Press	3	12,10,8
2	Cable Crossover/Chest Fly/Floor DB Fly	3	12,10,10
3	Decline Cable Crossover	3	12,10,10
4	DB Front Raises	3	12,10,8
5	Face pulls (Rear delt)	3	15,12,10
6	Triceps Press downs	3	15,12,10
7	Triceps Kickbacks	3	12,10,8

Pull (Hypertrophy)

Sr. No.	Exercise	Sets	Reps
1	Lat Pulldowns	3	12,10,8
2	Cable Rows	3	12,10,8
3	Straight Arm Pulldown	3	10,10,10
4	Close-grip Pulldowns	2	10,8
5	Rear Flies/DB Shrug Rows	3	12,10,8
6	Hammer Curls	3	12,10,8
7	Spider Curls/Preacher Curls	3	12,10,8