

# BEGINNER FULLBODY PLAN

<b>SUN REST</b>	Rest		
<b>MON FULL- BODY</b>	<b>Chest</b> <u>Bench Press (4 x 12)</u> <b>Tricep</b> <u>Cable tricep extension (4 x 12)</u>	<b>Back</b> <u>Bent over barebell row (4 x 12)</u>	<b>Legs</b> <u>Squats (4 x 12)</u>
<b>TUES ABS</b>	Simple Home ab workout <u>Leg raises (4 x 12)</u>		
<b>WED REST</b>	Rest		
<b>THURS FULL- BODY</b>	<b>Chest</b> <u>Incline Dumbbell Press (4 x 12)</u>	<b>Back</b> <u>Wide grip lat pull down (4 x 12)</u> <b>Bicep</b> <u>Bicep curl (4 x 12)</u>	<b>Legs</b> <u>Lunges (4 x 12)</u>
<b>FRI ABS</b>	Simple Home ab workout <u>Leg raises (4 x 12)</u>		
<b>SAT SHOUL- DERS</b>	<b>Shoulder</b> <u>Shoulder Press (4 x 12)</u>	<b>Shoulder</b> <u>Side lateral raise (4 x 12)</u>	<b>Arms</b> <u>Bicep curl (3 x 12)</u> <u>Skull crusher (3 x 12)</u>

# INTERMEDIATE WORKOUT PLAN

<b>SUN REST</b>	Rest		
<b>MON CHEST</b>	<b>Chest</b> <u>Bench press (4 x 12)</u>  <u>Incline db press (4 x 12)</u>  <u>Cable fly (4 x 12)</u>	<b>Tricep</b> <u>Skullcrushers (4 x 12)</u>	<b>Abs</b> <u>Hanging leg raises (4 x 12)</u>
<b>TUES BACK</b>	<b>Back</b> <u>Wide grip late pulldown (4 x 12)</u>  <u>Barbell row (4 x 12)</u>	<u>Close grip pulldown (4 x 12)</u>  <b>Bicep</b> <u>DB Bicep curl (4 x 12)</u>	
<b>WED LEGS</b>	<b>Legs</b> <u>Squats (4 x 12)</u>  <u>Lunges (4 x 12)</u>  <u>Leg extension (4 x 12)</u>	<u>Calf raises (4 x 12)</u>  <u>Stiff Dead lift (4 x 12)</u>	<b>Abs</b> <u>Hanging leg raises (4 x 12)</u>
<b>THURS SHOULDERS</b>	<b>Shoulders</b> <u>Military press (4 x 6-10)</u>  <u>Lateral raises (4 x 10-12)</u>	<u>Shrugs (4 x 10-12)</u>  <b>Tricep</b> <u>Tricep cable extension (4 x 12)</u>	<b>Bicep</b> <u>Bicep Hammer Curl (4 x 12)</u>
<b>FRI REST</b>	Rest		
<b>SAT FILLER</b>	<b>Choose</b> Pick a lacking muscle group and train using the same structure and exercises		<b>Abs</b> <u>Cable crunch (4 x 20)</u>

# ADVANCED WORKOUT PLAN

<b>SUN</b>	<b>Legs</b> <u>Squats (4 x 12)</u>  <u>Lunges (4 x 12)</u>  <u>Leg extension (4 x 12)</u>	<u>Hip thrust (4 x 12)</u>  <u>Stiffleg Deadlift (4 x 12)</u>	<b>Abs</b> <u>Hanging leg raises (4 x 12)</u>
<b>MON</b> <b>CHEST</b>	<b>Chest</b> <u>Bench press (4 x 12)</u>  <u>Incline db press (4 x 12)</u>  <u>Cable fly (4 x 12)</u>	<u>Cable High low (4 x 12)</u>  <u>Machine Press (4 x 12)</u>  <b>Tricep</b> <u>Skullcrushers (4 x 12)</u>	<b>Abs</b> <u>Hanging leg raises (4 x 12)</u>
<b>TUES</b> <b>BACK</b>	<b>Back</b> <u>Wide grip late pulldown (4 x 12)</u>  <u>Barbell row (4 x 12)</u>	<u>Close grip pulldown (4 x 12)</u>  <u>One arm row (4 x 12)</u>  <b>Bicep</b> <u>DB Bicep curl (4 x 12)</u>	<b>Abs</b> <u>Cable crunch (4 x 20)</u>
<b>WED</b> <b>LEGS</b>	<b>Legs</b> <u>Squats (4 x 12)</u>  <u>Lunges (4 x 12)</u>  <u>Leg extension (4 x 12)</u>	<u>Hip thrust (4 x 12)</u>  <u>Stiffleg Deadlift (4 x 12)</u>	<b>Abs</b> <u>Hanging leg raises (4 x 12)</u>
<b>THURS</b> <b>SHOULDERS</b>	<b>Shoulders</b> <u>Military press (4 x 6-10)</u>  <u>Lateral raises (4 x 10-12)</u>	<u>Rear Delt raises (4 x 20)</u>  <u>Shrugs (4 x 10-12)</u>	<b>Bicep</b> <u>Bicep Hammer Curl (4 x 12)</u>  <b>Tricep</b> <u>Tricep cable extension (4 x 12)</u>
<b>FRI</b> <b>REST</b>	Rest		
<b>SAT</b> <b>UPPER BODY</b>	<b>Chest</b> <u>Incline db press (4 x 20)</u>  <u>Cable fly (4 x 12)</u>  <u>Bench press (3 x 20)</u>	<b>Back</b> <u>Barbell row (4 x 20)</u>  <u>One arm row (4 x 20)</u>  <u>Lat pulldown (3 x 20)</u>	<b>Arms</b> <u>Bicep curl (4 x 20)</u> <u>Skullcrushers (4 x 20)</u>  <b>Abs</b> <u>Cable crunch (4 x 20)</u>