

Muscle Man Workout

Normal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Day 1	Day 2	Free	Day 3	Day 4	Free	Free

Aggressive

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Day 1	Day 2	Free	Day 3	Day 4	Free	Day 1
Week 2	Day 2	Free	Day 3	Day 4	Free	Day 1	Day 2
Week 3	Free	Day 3	Day 4	Free	Day 1	Day 2	Free

Workout for 2 Days, rest one day

Day 1 – Chest ,Biceps, Abs

Day 2 – Back, Calves

Day 3 – Shoulder, Triceps, Abs

Day 4 – Quads, Hamstrings

Note : *This program is only recommended for people who have been working out for at least 6 months*

Day 1 Workout

Chest	Set	Reps	Rest	Weight
Flat Bench Press Barbell	Warm-Up	15	1min	
	1	10	2min	
	2	8	2min	
	3	6	2min	

Incline Dumbbell Press	1	10	2min	
	2	8	2min	
	3	6	2min	

Flat Dumbbell Fly	1	10	2min	
	2	8	2min	
	3	6	2min	

Biceps	Set	Reps	Rest	Weight
Barbell Curl	Warm-Up	15	1min	
	1	10	2min	
	2	8	2min	
	3	6	2min	

Hammer Curl	1	10	2min	
	2	8	2min	
	3	6	2min	

Lying Dumbbell Curl	1	10	2min	
	2	8	2min	
	3	6	2min	

Abs	Set	Reps	Rest	Weight
Crunches	1	25	1min	
	2	20	1min	
	3	20	1min	
	4	20	0	

Day 2 Workout

Back	Set	Reps	Rest	Weight
Bent Over Row Barbell	Warm-Up	15	1min	
	1	10	2min	
	2	8	2min	
	3	6	2min	

Seated Row	1	10	2min	
	2	8	2min	
	3	6	2min	

Dumbell Pullover	1	10	2min	
	2	8	2min	
	3	6	2min	

Calves	Set	Reps	Rest	Weight
Toe Press on Leg Press Machine	Warm-Up	25	1min	
	1	20	2min	
	2	20	2min	
	3	15	2min	

Seated Calf Raises	1	25	2min	
	2	20	2min	
	3	20	2min	

Day 3 Workout

Shoulders	Set	Reps	Rest	Weight
Seated Shoulder Press	Warm-Up	15	1min	
	1	10	2min	
	2	8	2min	
	3	6	2min	

Front Lateral Raises	1	10	2min	
	2	8	2min	
	3	6	2min	

Upright Rowing with Cable or barbell	1	10	2min	
	2	8	2min	
	3	6	2min	

Triceps	Set	Reps	Rest	Weight
Lying Tricep Extension	Warm-Up	15	1min	
	1	10	2min	
	2	8	2min	
	3	6	2min	

Dips	1	10	2min	
	2	8	2min	
	3	6	2min	

Dumbbell Kickbacks	1	10	2min	
	2	8	2min	
	3	6	2min	

Abs	Set	Reps	Rest	Weight
Hanging Torso Rotation	1	25	1min	
	2	20	1min	
	3	20	1min	
	4	20	0	

Day 4 Workout

Quads	Set	Reps	Rest	Weight
Squads	Warm-Up	15	1min	
	1	10	2min	
	2	8	2min	
	3	6	2min	

Leg Press	1	10	2min	
	2	8	2min	
	3	6	2min	

Leg Extension	1	10	2min	
	2	8	2min	
	3	6	2min	

Hamstrings	Set	Reps	Rest	Weight
Lunges	Warm-Up	15	1min	
	1	10	2min	
	2	8	2min	
	3	6	2min	

Deadlifts	1	10	2min	
	2	8	2min	
	3	6	2min	

Leg Curls	1	10	2min	
	2	8	2min	
	3	6	2min	