

Monday: Chest and Triceps

Exercise	Sets	Reps	Rest
Barbell Bench Press	4	8-10	2 minutes
Incline Dumbbell Press	3	10-12	90 seconds
Cable Flyes	3	12-15	60 seconds
Tricep Pushdowns	3	12-15	60 seconds
Close-Grip Bench Press	3	10-12	90 seconds

Tuesday: Back and Biceps

Exercise	Sets	Reps	Rest
Deadlifts	4	6-8	2-3 minutes
Lat Pulldowns	3	10-12	90 seconds
Barbell Rows	3	10-12	90 seconds
Seated Dumbbell Curls	3	12-15	60 seconds
Hammer Curls	3	12-15	60 seconds

Wednesday: Rest day

Thursday: Shoulders and Abs

Exercise	Sets	Reps	Rest
Seated Military Press	4	8-10	2 minutes
Lateral Raises	3	10-12	90 seconds
Face Pulls	3	12-15	60 seconds
Hanging Leg Raises	3	12-15	60 seconds
Plank	3	30-45 seconds	60 seconds

Friday: Legs

Exercise	Sets	Reps	Rest
Squats	4	8-10	2-3 minutes
Leg Press	3	10-12	90 seconds
Romanian Deadlifts	3	10-12	90 seconds
Leg Curls	3	12-15	60 seconds
Calf Raises	3	12-15	60 seconds

Saturday: Rest day

Sunday: Rest day

In terms of nutrition, it's important to consume enough calories and protein to support muscle growth and recovery. Aim to consume a variety of whole foods, including lean protein sources, complex

carbohydrates, and healthy fats. It's also important to stay hydrated by drinking plenty of water throughout the day.

Here's a sample meal plan for the day:

Breakfast: Oatmeal with berries, almonds, and almond milk.

Snack: Greek yogurt with sliced banana and honey.

Lunch: Grilled chicken breast with quinoa and mixed vegetables.

Snack: Apple slices with almond butter.

Dinner: Salmon with roasted sweet potatoes and asparagus.

Snack: Cottage cheese with sliced peaches and walnuts.

Remember to listen to your body and adjust the weight, reps, and sets as needed. It's also important to prioritize proper form and technique to prevent injury and get the most out of each exercise.