

# BUILD MUSCLE PROGRAM



DAY: 1

*Chest-shoulders-triceps*

Exercise	Sets	Reps	WEEK	1	2	3	4
1- Bench press	3	8/12					
2- DB shoulder press	3	8/12					
3- Front Raise	3	8/12					
4- Seated cable fly	3	8/12					
5- Latter raise	3	8/12					
6- Tricep extension	3	8/12					
7- Push ups	3	8/12					

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## DAY: 2 *Back-Bicep*

Exercise	Sets	Reps	WEEK	1	2	3	4
1-Cable row	3	8/12					
2-Pull ups	3	8/12					
3-Lat pull down	3	8/12					
4-Bent over row	3	8/12					
5-On arm dumbbell row	3	8/12					
6-Bicep curl	3	8/12					
7-Hammer curl	3	8/12					

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## DAY: 3 Legs

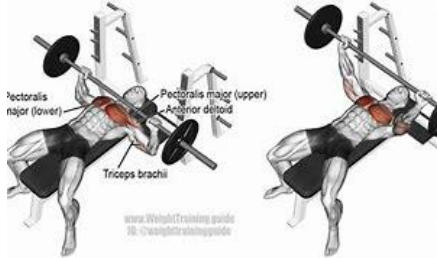
Exercise	Sets	Reps	WEEK	1	2	3	4
1-Squat	3	8/12					
2-Deadlift	3	8/12					
3-Seated leg extension	3	8/12					
4-Seated leg curl	3	8/12					
5-Lunges	3	8/12					
Core: superset 4 core exercises							
Crunches- Leg lowers	4	12/15					
Sit up – Plank							

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## Day 1 Chest-Shoulders-Triceps

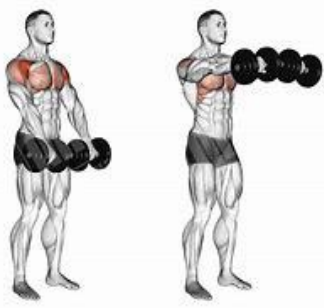
1



2



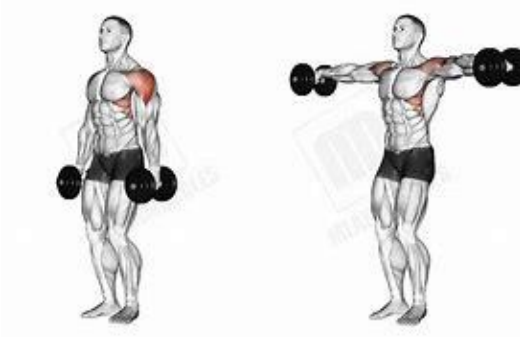
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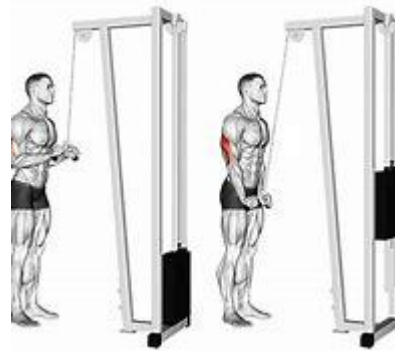
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5



6



7

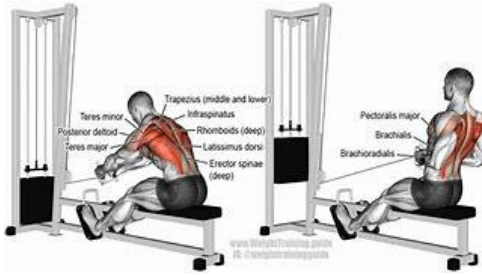


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## Day 2 Back & Biceps

1



2



3



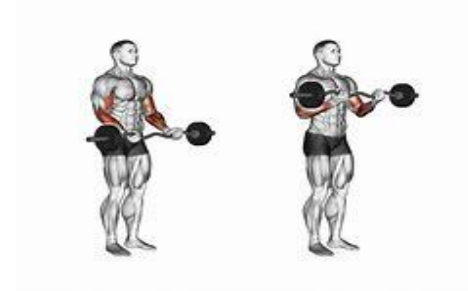
4



5



6



7



# BUILD MUSCLE PROGRAM



## Day 3-Legs

1



2



3



4



5

