

Conventional Lifting Program	Set	1	2	3	4	5	6
Workout Plan - 4 Days lift, 3 days cardio/active recovery	Reps	WT	WT	WT	WT	WT	WT
Day 1 (Shoulders/Biceps/Triceps)							
Barbell OH Press	5x5@50%						
A. Lateral Shoulder Raise	3x20						
B. Front Shoulder Raise	3x20						
A. Z-Press	3x20						
B. DB Shrugs	3x20						
A. Cable Pulldowns	3x20						
B. Cable Curls	3x20						
A. DB Curls	3x20						
B. DB Skullcrushers	3x20						
Day 2 (Legs)							
Squat	5x5@50%						
A. Barbell RDLs	3x10						
B. Physio Ball Hamstring Curls	3x20						
A. Leg Press	3x20						
B. Calf Raises	3x20						
A. Hanging Knee Raises	5x10						
B. Russian Twists	5x10						
Day 3 (Sprints/Cardio)							
Sprints	10x20 secs (1:40 recovery)						
Incline Treadmill	20 minutes						
Sauna	20 minutes						
Day 4 (Bench/Back)							
Bench	5x5@50%						
A. Chest Fly	3x20						
B. Barbell Back Row	3x20						
A. Incline Neutral Grip DB Bench	3x20						

B. Chest Supported DB Rows	3x20					
A. Lat Pull Downs	3x20					
B. Cable Rows	3x20					
Jump Rope	5x1 minute					
Day 5 (Deadlift/Chest)						
Deadlift	5x5@50%					
A. Barbell Split Squat	3x10 each					
B. Deadbugs	3x10 each					
A. Leg Extensions	3x20					
B. KB Reverse Lunges	3x10 each					
A. Knee Raise Hollow Holds	2x30 seconds					
B. Body Weight Step-Ups	2x10 each					
Day 6 (Shoulders/Biceps/Triceps)						
Barbell OH Press	5@50%/3x3@55%,65%,75%/1@85%					
A. Lateral Shoulder Raise	3x20					
B. BB Front Shoulder Raise	3x20					
A. Z-Press	3x20					
B. DB Shrugs	3x20					
A. Cable Straight Bar Pulldowns	3x20					
B. Cable Rope Curls	3x20					
A. Preacher Curls	3x20					
B. DB Skullcrushers	3x20					
Day 7 (Legs)						
Squat	5@50%/3x3@55%,65%,75%/1@85%					
A. Barbell RDLs	3x10					
B. Physio Ball Hamstring Curls	3x20					
A. Leg Press	3x20					
B. Calf Raises	3x20					
A. Hanging Knee Raises	5x10					

B. Palloff Press	5x10 each						
Day 8 (Sprints/Cardio)							
Sprints	10x20 secs (1:40 recovery)						
Incline Treadmill	20 minutes						
Sauna	20 minutes						
Day 9 (Bench/Back)							
Bench	5@50%/3x3@55%,65%,75%/1@85%						
A. DB Chest Fly	3x20						
B. DB Back Row	3x20						
A. Incline Neutral Grip DB Bench	3x20						
B. Chest Supported DB Rows	3x20						
A. Lat Pull Downs	3x20						
B. Cable Rows	3x20						
Jump Rope	5x1 minute						
Day 10 (Deadlift/Chest)							
Deadlift	5@50%/3x3@55%,65%,75%/1@85%						
A. Barbell Split Squat	3x10 each						
B. Deadbugs	3x10 each						
A. Leg Extensions	3x20						
B. KB Reverse Lunges	3x10 each						
A. Knee Raise Hollow Holds	2x30 seconds						
B. Body Weight Step-Ups	2x10 each						
Day 11 (Deadlift/Chest)							
Deadlift	5x5@50%						
A. Barbell Split Squat	3x10 each						
B. Deadbugs	3x10 each						
A. Leg Extensions	3x20						
B. KB Reverse Lunges	3x10 each						
A. Knee Raise Hollow Holds	2x30 seconds						
B. Body Weight Step-Ups	2x10 each						

Day 12 (Shoulders/Biceps/Triceps)						
Barbell OH Press	5@50%/3x3@55%,65%,75%/1@85%					
A. Lateral Shoulder Raise	3x20					
B. BB Front Shoulder Raise	3x20					
A. Z-Press	3x20					
B. DB Shrugs	3x20					
A. Cable Straight Bar Pulldowns	3x20					
B. Cable Rope Curls	3x20					
A. Preacher Curls	3x20					
B. DB Skullcrushers	3x20					
Day 13 (Legs)						
Squat	5@50%/3x3@55%,65%,75%/1@85%					
A. Barbell RDLs	3x10					
B. Physio Ball Hamstring Curls	3x20					
A. Leg Press	3x20					
B. Calf Raises	3x20					
A. Hanging Knee Raises	5x10					
B. Palloff Press	5x10 each					
Day 14 (Sprints/Cardio)						
Sprints	10x20 secs (1:40 recovery)					
Incline Treadmill	20 minutes					
Sauna	20 minutes					
Day 15 (Bench/Back)						
Bench	5@50%/3x3@55%,65%,75%/1@85%					
A. DB Chest Fly	3x20					
B. DB Back Row	3x20					
A. Incline Neutral Grip DB Bench	3x20					
B. Chest Supported DB Rows	3x20					
A. Lat Pull Downs	3x20					
B. Cable Rows	3x20					
Jump Rope	5x1 minute					

Day 16 (Deadlift/Chest)						
Deadlift	5@50%/3x3@55%,65%,75%/1@85%					
A. Barbell Split Squat	3x10 each					
B. Deadbugs	3x10 each					
A. Leg Extensions	3x20					
B. KB Reverse Lunges	3x10 each					
A. Knee Raise Hollow Holds	2x30 seconds					
B. Body Weight Step-Ups	2x10 each					
Day 17 (Shoulders/Biceps/Triceps)						
Barbell OH Press	5@55%/3x3@60%,70%,80%/1@90%					
A. Lateral Shoulder Raise	3x20					
B. BB Front Shoulder Raise	3x20					
A. Z-Press	3x20					
B. DB Shrugs	3x20					
A. Cable Straight Bar Pulldowns	3x20					
B. Cable Rope Curls	3x20					
A. Preacher Curls	3x20					
B. DB Skullcrushers	3x20					
Day 12 (Legs)						
Squat	5@55%/3x3@60%,70%,80%/1@90%					
A. Barbell RDLs	3x10					
B. Physio Ball Hamstring Curls	3x20					
A. Leg Press	3x20					
B. Calf Raises	3x20					
A. Hanging Leg Raises	5x10					
B. Cable Wood Choppers	5x10 each					
Day 18 (Sprints/Cardio)						
Sprints	10x20 secs (1:40 recovery)					
Incline Treadmill	20 minutes					

Sauna	20 minutes					
Day 19 (Bench/Back)						
Bench	5@55%/3x3@60%,70%,80%/1@90%					
A. DB Incline Chest Fly	3x20					
B. DB Bent Over Fly	3x20					
A. Incline DB Bench	3x20					
B. Single Arm DB Rows	3x20					
A. Lat Pull Downs	3x20					
B. Single Arm Cable Rows	3x20					
Jump Rope	5x1 minute					
Day 20 (Deadlift/Chest)						
Deadlift	5@55%/3x3@60%,70%,80%/1@90%					
A. Barbell Split Squat	3x10 each					
B. Deadbugs	3x10 each					
A. Leg Extensions	3x20					
B. KB Reverse Lunges	3x10 each					
A. Knee Raise Hollow Holds	2x30 seconds					
B. Body Weight Step-Ups	2x10 each					
Day 21 (Shoulders/Biceps/Triceps)						
Barbell OH Press	5@55%/1@65%,75%,85%,95%					
Barbell OH Press	10@60%					
A. Lateral Shoulder Raise	3x20					
B. BB Front Shoulder Raise	3x20					
A. Z-Press	3x20					
B. DB Shrugs	3x20					
A. Single Arm Cable Pushdown	3x20					
B. Single Arm Cable Curls	3x20					
A. Dumbbell Preacher Curls	3x20					

B. DB Skullcrushers	3x20						
Day 22 (Legs)							
Squat	5@55%/1@65%,75%,85%,95%						
Squat	10@60%						
A. Barbell RDLs	3x10						
B. Physio Ball Hamstring Curls	3x20						
A. Leg Press	3x20						
B. Calf Raises	3x20						
A. Hanging Knee Raises	5x10						
B. Cable Wood Choppers	5x10 each						
Day 23 (Sprints/Cardio)							
Sprints	10x20 secs (1:40 recovery)						
Incline Treadmill	20 minutes						
Sauna	20 minutes						
Day 24 (Bench/Back)							
Bench	5@55%/1@65%,75%,85%,95%						
Bench	10@60%						
Machine Fly	3x20						
Reverse Machine Fly	3x20						
A. Incline DB Bench	3x20						
B. Bent Over Barbell Row	3x20						
A. Lat Pull Downs	3x20						
B. Single Arm Cable Rows	3x20						
Jump Rope	5x1 minute						
Day 25 (Deadlift/Chest)							
Deadlift	5@55%/1@65%,75%,85%,95%						
A. Barbell Split Squat	3x10 each						
B. Deadbugs	3x10 each						
A. Leg Extensions	3x20						
B. KB Reverse Lunges	3x10 each						

A. Knee Raise Hollow Holds	2x30 seconds			
B. Body Weight Step-Ups	2x10 each			