

Muscle Mind Fitness

(By Sukhi Singh)



6 weeks Training Program

Client Name:

| Day 1 | Day2 | Day3 | Day 4 | Day 5 |
|-------------------|----------------|--------------------|-------|----------|
| Chest and Triceps | Back and Bicep | Shoulder and Traps | Legs | Rest Day |

Day 1. Chest and Triceps.

| | Exercise Name | Sets | Reps | Rest |
|----|--|------|-------------|-----------|
| 1 | Machine Bench Press | 3-4 | 12-10-8-6 | 90-60 sec |
| 2 | Incline Dumbbells Press | 4 | 12-12-8-8 | 1-2 min |
| 3 | Incline Dumbbells fly | 4 | 12-11-10-10 | 90sec |
| 4 | Seated peck deck | 4 | 10-10-10-10 | 90 sec |
| 5 | E-Z bar Overhead press | 4 | 15-13-12-10 | 60 sec |
| 6 | Dumbbell kick back *very slow and control phase | 4 | 10-15 | 60 sec |
| 7* | Push ups Every set go to failure | 5 | fail | 90 sec |

Day .2 Back and Biceps

| | Exercise | Set | Reps | Rest |
|---|-----------------------------------|-----|------------------------|---|
| 1 | Wide Grip pull ups Body weight | 4 | 15-13-12-10 | 90 sec |
| 2 | Seated row mst machine | 3-4 | 6-8-10-12 | 90 sec |
| 3 | Dumbbells pullover | 4 | 6-8-10-12 | 90 sec |
| 4 | Single arm dumbbell rows | 4 | 10-10-10-10 | 60 sec |
| 5 | Wide grip lats pulldowns | 4 | 12-10-8-6 12-10-8-6 | 2 min *rest comes after finishing both exercise back to back |
| 6 | Dumbbells Hammer Curls | 3 | 12-11-10-10 | 60sec |
| 7 | E-Z Bar curls | 3 | 12-12-12-12 | 60sec |
| 8 | Seated preachers curls | 5 | Fail | 30sec |

Day 3. Shoulder and Traps

| | Exercise | Sets | Reps | Rest |
|---|---------------------------------|------|-----------|--------|
| 1 | Seated shoulder dumbbells press | 4 | 12-10-8-6 | 90 sec |

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| | | | | |
|---|---------------------------------|---|-------------|--------|
| 2 | Standing side dumbbells raises | 3 | 12-15 | 30 sec |
| 3 | Standing front raises dumbbells | 3 | 12-15 | 30 sec |
| 4 | Peck deck reverse fly | 4 | 15-15-15-15 | 60 sec |
| 5 | Barbells shrugs | 4 | 10-12-15-15 | 1 min |
| 6 | Rope face pulldowns | 4 | 20-20-20-20 | 1 min |

Day 4. Legs

| | Exercise | Set | Reps | Rest |
|---|---------------------------------|-----|--|-----------|
| 1 | Heck squats | 4 | 6-10 | 2 min |
| 2 | Barbell stiff leg deadlift | 4 | 10-15 | 2 min |
| 3 | Walking lunges *Bodyweight * | 4 | 20 *Count 20 steps* | 1 min |
| 4 | Lying leg press | 4 | 6-12 | 2 min |
| 5 | Seated Leg extension | 4 | 15-20 | 60-90 sec |
| 6 | Seated Leg Curls | 4 | 15-20 | 60-90 sec |
| 7 | Seated calve raises | 4 | 20-20-20-20 *Every set increase weight * | 30-60 sec |

Cardio --- After finishing your weight training session you need to do cardio this will helps you to burn fat and improve your cardiovascular health .

| | Cardio equipment | Duration | intensity | Heart rate Or RPE |
|-------|------------------|----------|----------------------------|-------------------------|
| Day 1 | Treadmill | 100 min | Incline 5-6 Speed 3.5-4 | 5-8 |
| Day2 | Cross trainer | 10min | Level 5-6 | 4-6 |
| Day3 | Stair master | 10min | Speed level 3-6 | 6-8 |
| Day4 | Bike | 10min | 2-4 | 3-6 |

- Every day record your progress and send back to me after completing all 4 days .Have compete rest on day 5 then start again from day1 .
- Please do warmups before starting resistance training .This will help you to warm up your joints which help you to increase range of motion and prevent you from injury .

Any concern or quires feel free to contact me via WhatsApp or call I will be happy to help you .

Remember any programme only work if you keep up with good nutrition , good sleep, minimum stress level.

Finally I wish you all the best .

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Training notes



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