

Muscle Mind Fitness

(By Sukhi Singh)



**MUSCLE MIND
FITNESS**

Client Name:

Day 1	Day 2	Day 3	Day 4	Day5	Day 6	Day7
Back ,biceps	Shoulders	Rest	Chest , tri	Legs	Arms	Rest
Exercise	Set	Rest	Reps	Actual day reps		
1.Pullups	3-4	1 min	10-15			
2. High cable v pulldowns	3-4	1 min	10-15			
3.wide grips lats pulldowns	3-4	1 min	10-15			
4.seated v grip rows	3-4	1 min	10-15			
5.MST rows	3-4	1 min	10-15			
6.Preacher curls	3-4	1 min	10-15			
7.Hammer curls dumbbells	3-4	1 min	10-15			
8.Barbells curls	3-4	1 min	10-15			
9.Cable curls	3-4	1 min	10-15			

Day2 -Shoulder's

Exercise	Sets	Rest	Reps	Actual day reps
1. Cable side rises	3-4	1min	10-15	
2 Dumbbells side rises	3-4	1min	10-15	
3.seated dumbbell press	3-4	1min	10-15	
4. cable face pulls	3-4	1min	10-15	
5.Barbells shrugs	3-4	1min	10-15	
6. reverse fly's peckdeck	4	1min	10-15	

Day 4- Chest and Tri

Exercise	Set	Rest	Reps	Actual day reps
1.Barbell bench press flat	3-4	1min	10-15	
2.flat dumbbell flys	3-4	1min	10-15	
3.barbell Incline chest press	3-4	1min	10-15	
4.seated decline press machine	3-4	1min	10-15	

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5.Seated peck deck fly's	3-4	1min	10-15	
6.Rope pushdowns	3-4	1min	10-15	
7.dumbbells skull crusher	3-4	1min	10-15	
8.cable overhead extension	3-4	1min	10-15	

Day5- Legs

Exercise	Sets	Rest	Reps	Actual day reps
1.Smith machine squats	3-4	1min	10-15	
2.laying leg curls	3-4	1min	10-15	
3.walking lungs	3-4	1min	10-15	
4.Seated leg extension	3-4	1min	10-15	
5.Front squats dumbbells	3-4	1min	10-15	
6.Heck squats	3-4	2min	10-15	
7.Standing calf raises	3-4	1min	-----	

Day6- Arms .

Exercise	Sets	Rest	Reps	Actual day reps
1.Triceps bar pushdowns	4	1min	12-15	
2.Seated dumbbell extension	4	1min	12-15	
3.Barbell skull crusher	4	1min	12-15	
4.Barbell curls	4	1min	12-15	
5.dumbbells hammer curls	4	1min	12-15	
6.preacher curls	4	1min	12-15	

Note – This is 6 weeks progressive overload programme which means every session weight or reps will be increasing with 100% effort and always trains close to failure .Please ensure that you follow correct technique and maintain muscle mind connection.

Best of Luck..... Muscle mind fitness.