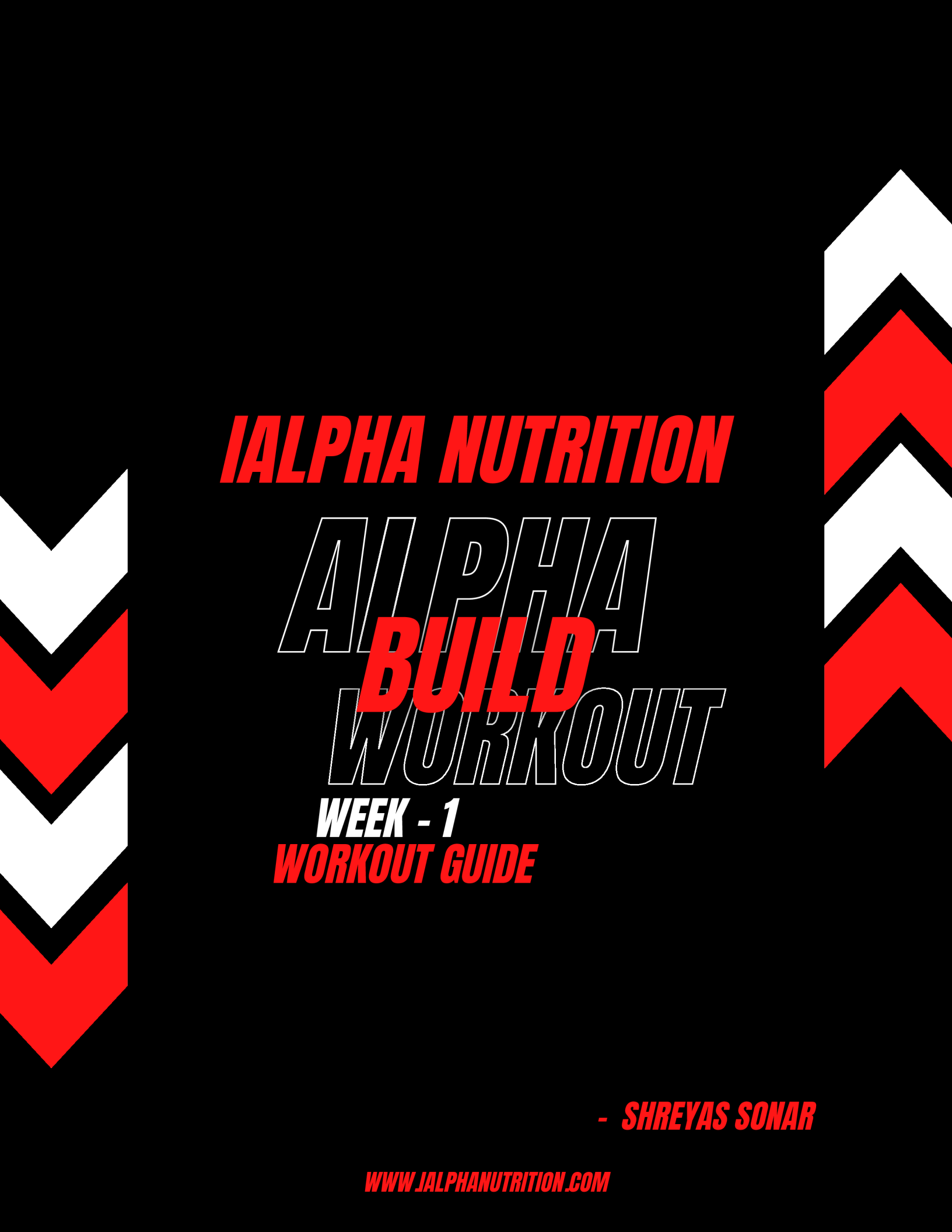




JALPHA NUTRITION

ALPHA
BUILD
WORKOUT

WEEK - 1
WORKOUT GUIDE

- SHREYAS SONAR

WWW.JALPHANUTRITION.COM

WORKOUT - WEEK - 1

KEY POINTS:

- Rep Tempo - 2-0-1-0
- Rest periods - 90 Sec
- This is my personal training program, you can change the days around to suit your needs.

DAY 1 - QUADS & HAMS

Barbell Squat 4 X 6 - 10

Leg Press 4 X 6 - 10

Hack Squats 4 X 6 - 10

Leg Extensions 2 X 6 - 10s

Lying Leg Curl 6 X 8 - 12

Single Leg Curl 3 X 8 - 12

Dumbbell Stiff Leg Deadlift 3 X 8 - 12

DAY 2 - CHEST & CALVES

Incline Dumbbell Press 3 X 6 - 10

Incline Machine Press 3 X 6 - 10 s

Incline Dumbbell Fly 3 X 6 - 10

Flat Dumbbell Press 3 X 6 - 10

Weighted Dips 2 X 6 - 10

Standing Calf Raise 4 X 6 - 10

Seated Calf Raise 4 X 6 - 10

DAY 3 - REST

WORKOUT - WEEK - 1

DAY 4 - BACK

T-Bar Row 3 X 6 - 10

Medium Grip Pulldown 3 X 6 - 10

Narrow Grip Low Pulley Cable Row 3 X 6 - 10

Seated Hammer Row 3 X 6 - 10

Barbell Rack Pulls 3 X 6 - 10

DAY 5 - BI & TRI

Straight Bar Cable Pushdowns 4 X 6 - 10

Bent Over Cable Extensions 4 X 6 - 10

Weighted Dips 4 X 6 - 10

Alternating Dumbbell Curls 4 X 6 - 10

Barbell Curl 4 X 6 - 10

Straight Bar Cable Curl 4 X 6 - 10

DAY 6 - SHOULDERS & CALVES

Seated Dumbbell Press 3 X 6 - 10

Standing Dumbbell Side Raise 3 X 6 - 10

Upright Rows 3 X 6 - 10

Dumbbell Front Raise 3 X 6 - 10

Rear Delt Fly 4 X 6 - 10

Standing Calf Raise 4 X 6 - 10

Seated Calf Raise 4 X 6 - 10