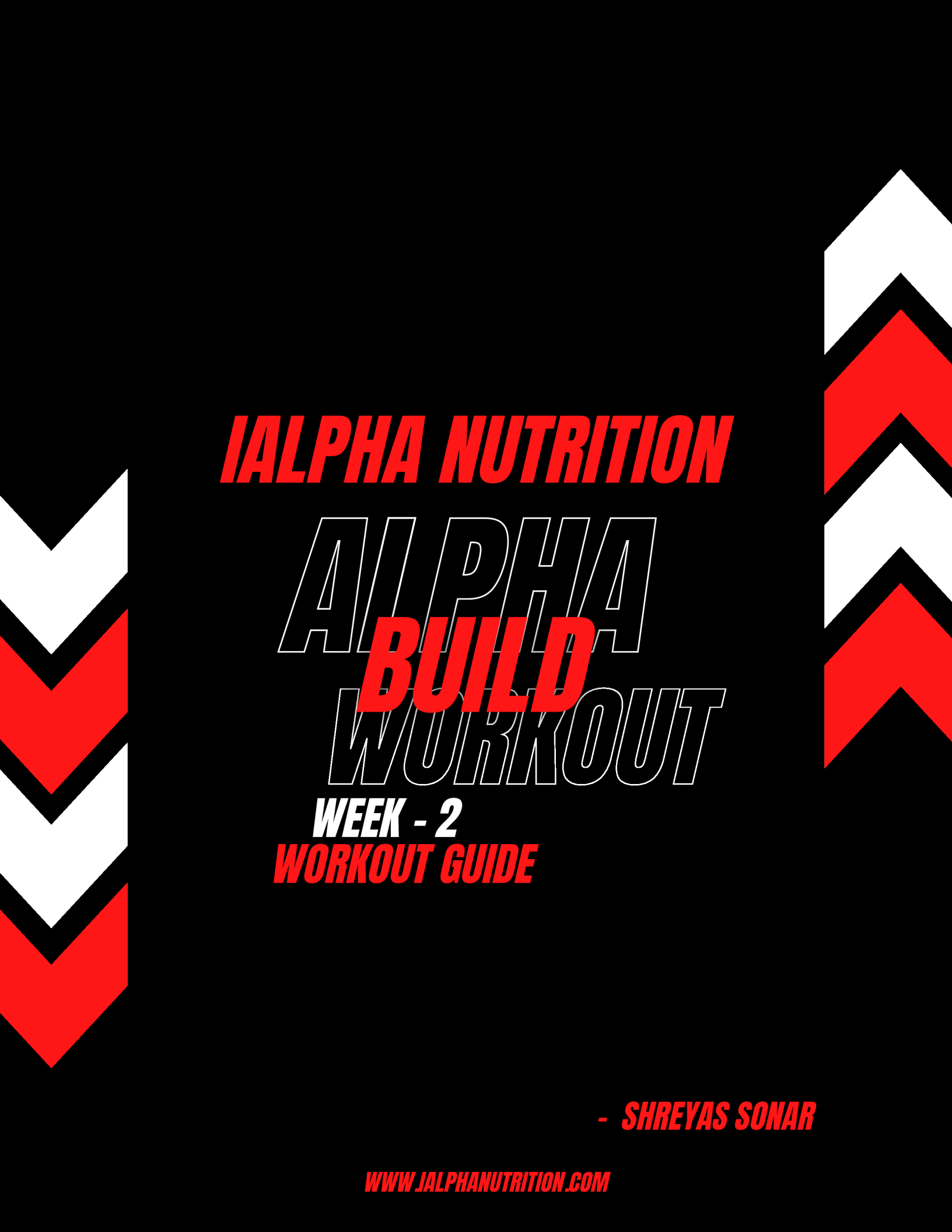




JALPHA NUTRITION

ALPHA
BUILD
WORKOUT

WEEK - 2
WORKOUT GUIDE

- SHREYAS SONAR

WWW.JALPHANUTRITION.COM

WORKOUT - WEEK - 2

KEY POINTS:

- Rep Tempo - 3-0-1-0
- Rest periods - 110 Sec
- This is my personal training program, you can change the days around to suit your needs.

DAY 8 - QUADS & HAMS

Squats 4 X 12 - 16

Hack Squats 4 X 12 - 16

Leg Extensions 4 X 12 - 16

Barbell Stiff Leg Deadlift 4 X 12 - 16

Lying Leg Curl 4 X 12 - 16

Dumbbell Walking Lunges 2 X 12 - 16

DAY 9 - CHEST & CALVES

Flat Dumbbell Press 3 X 12 - 16

Incline Dumbbell Press 4 X 12 - 16

Incline Dumbbell Fly 4 X 12 - 16

Pec-Dec Fly 3 X 12 - 16

Seated Calf Raise 4 X 14 - 18

Standing Calf Raise 4 X 14 - 18

DAY 10 - REST

WORKOUT - WEEK - 2

DAY 11 - BACK

Narrow Grip Lat Pulldowns 3 X 12 - 16

Single Arm Dumbbell Rows 3 X 12 - 16

Medium Grip Cable Rows 3 X 12 - 16

Bent Over Barbell Row 3 X 12 - 16

Lying Incline Dumbbell Row 2 X 12 - 16

DAY 12 - BI & TRI

Seated EZ Bar Over Head Extension 3 X 12 - 16

Weighted Dips 3 X 12 - 16

Single Arm Dumbbell Kick Back 3 X 12 - 16

Wide Grip Barbell Curl 3 X 12 - 16

Incline Dumbbell Curl 3 X 12 - 16

Standing Single Arm Low Cable Curl 3 X 12 - 16

DAY 13 - SHOULDERS & CALVES

Standing Dumbbell Side Raise 3 X 12 - 16

Seated Dumbbell Arnold Press 3 X 12 - 16

Standing Dumbbell Front Raise 3 X 12 - 16

Standing Barbell Power Press 3 X 12 - 16

Standing Reverse Cable Fly 3 X 12 - 16

Seated Calf Raise 4 X 14 - 18

Standing Calf Raise 4 X 14 - 18