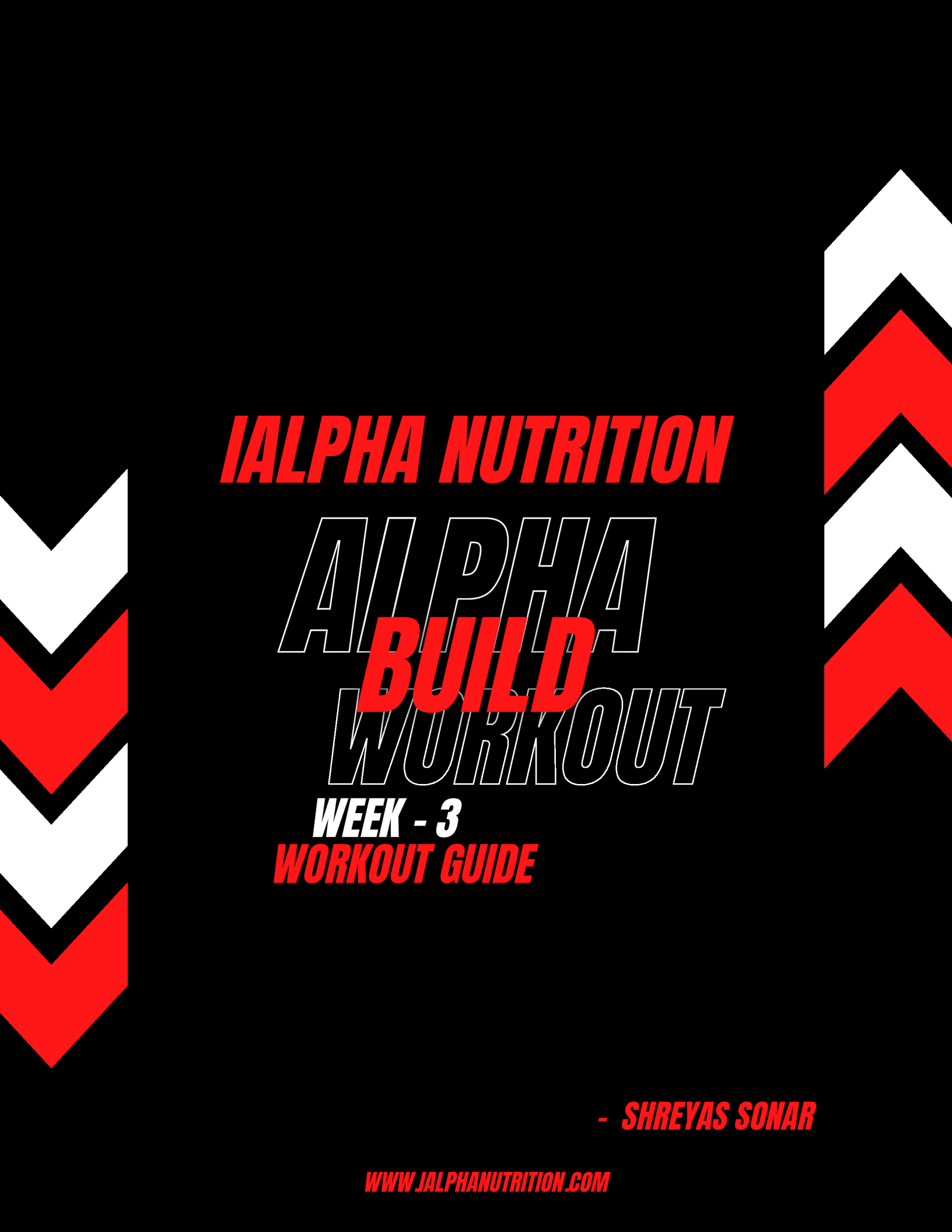




JALPHA NUTRITION

ALPHA
BUILD
WORKOUT

WEEK - 3
WORKOUT GUIDE

- SHREYAS SONAR

WWW.JALPHANUTRITION.COM

WORKOUT - WEEK - 3

KEY POINTS:

- Rep Tempo - 2-0-1-0
- Rest periods - 120 Sec
- This is my personal training program, you can change the days around to suit your needs.

DAY 15 - QUADS & HAMS

Leg Press 2 x Dropset of 30,40

Leg Extensions 2 x Dropset of 20,20

Smith Machine Squats 2 x Dropset of 15,15

Superset

Barbell Stiff Leg Deadlift 2 x 15-20

Barbell Hip Thrust 2 x 15-20

Superset

Lying Leg Curl 2 x 15-20

Seated Leg Curl 2 x 15-20

Lunges 2 x 15-20

DAY 16 - CHEST & CALVES

Superset

Incline Machine Press 3 x 12-15

Flat Dumbbell Fly 3 x 12-15

Superset

Flat Dumbbell Press 3 x 12-15

Incline Dumbbell Fly 3 x 12-15

Superset

Weighted Dips 3 x 12-15

Cable Fly 3 x 12-15

Leg Press Calf Raise Toes Facing Out 5 x 20-25

WORKOUT - WEEK - 3

DAY 17 - REST

DAY 18 - BACK

Superset

T-Bar Rows 2 x 12-15

Wide Grip Pulldowns 2 x 12-15

Superset

Bent Over Dumbbell Rows 2 x 12-15

Standing Straight Arm Pulldown 2 x 12-15

Superset

Incline Dumbbell Row 2 x 12-15

Close Grip Pulldown 2 x 12-15

Superset

Deadlift 2 x 12-15

Dumbbell Pull Over 2 x 12-15

DAY 19 - BI & TRI

Seated Barbell Over Head Extension 2 x Dropset of 25, 25

Straight Bar Cable Push Down 2 x Dropset of 25, 25

High Cable Overhead Cable Push Down 2 x Dropset of 25, 25

Standing EZ Bar Curls 2 x Dropset of 25, 25

Cable Curls 2 x Dropset of 25, 25

Incline Curls 2 x Dropset of 25, 25

DAY 20 - SHOULDERS & CALVES

Superset

Seated Dumbbell Press 3 x 20-25

Dumbbell Front Raise 3 x 20-25

Superset

Dumbbell Side Raise 3 x 20-25

Dumbbell Side Raise - Partial 3 x 20-25

WORKOUT - WEEK - 3

Superset

Incline Rear Delt Fly 3 x 20-25

Cable Rope Face Pulls 3 x 20-25

Seated Calf Raise 5 x 20-25