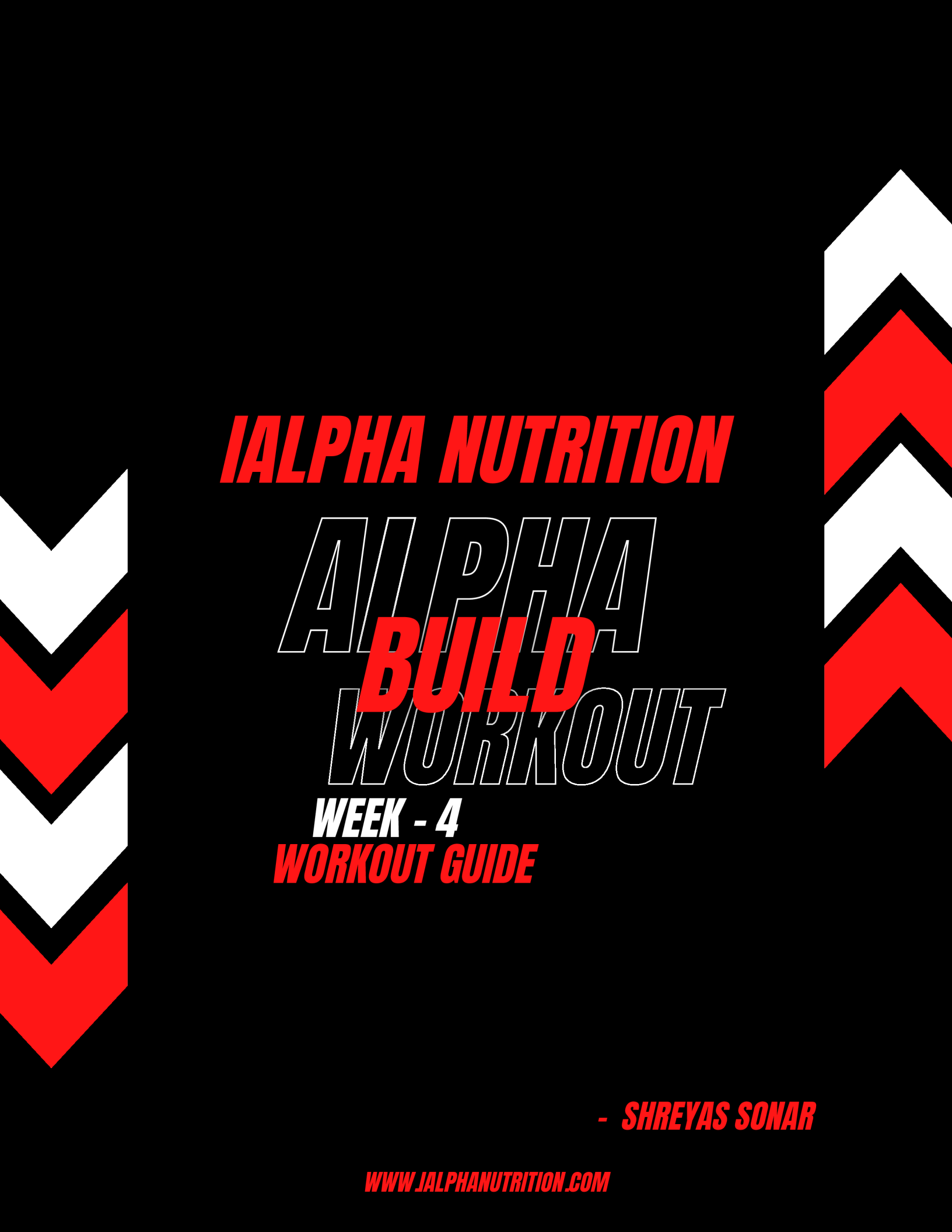




JALPHA NUTRITION

ALPHA
BUILD
WORKOUT

WEEK - 4
WORKOUT GUIDE

- SHREYAS SONAR

WWW.JALPHANUTRITION.COM

WORKOUT - WEEK - 4

KEY POINTS:

- Rep Tempo - 2-0-1-0
- Rest periods - 60 Sec
- This is my personal training program, you can change the days around to suit your needs.

DAY 22

Leg Press 3-5 warm-up x 10-12 reps

3 x 10-12 reps

Seated Leg Curl 2 warm-up x 15 reps

3 x 10-12 reps

Lying Leg Curl 2 warm-up x 10-12 reps

3 x 10-12 reps

Leg Extension 2 warm-up x 15-20 reps

2 x 10-12 reps

Hack Squats 2 warm-up x 15-20 reps

3 x 15-30 reps

DAY 23

Flat Dumbbell Press 3 warm-up x 6-10 reps

4 x 6-10 reps

Incline Fly 2 x 8-10 reps

Dumbbell Pullover 2 x 10-12 reps

Rope Triceps Pushdown 3 x 10-12 reps

Skull Crusher 3 x 10-12 reps

Overhead Dumbbell Extension 3 x 10-12 reps

DAY 24- REST

DAY 25

Reverse Grip Pulldown 1 warm up x 8-10 reps

3 x 8-10 reps

Barbell Rows 3 x 8-10 reps

Hyperextension 2 x 10-12 reps

WORKOUT - WEEK - 4

Straight Arm Pulldown 7 x 12-15 reps
Concentration Curls 2 x 12-15 reps
Alternating Dumbbell Curl 3 x 12-15 reps
Cable Curls 3 x 15-20 reps

DAY 26

Shoulder Press 2 warm up x 6-8 reps
3 x 6-8 reps
Side Raises 1 warm up x 12-15 reps
3 x 12-15 reps
Upright Rows 3 x 14 Full + 7 Half reps
Rear Delt Fly 7 x 12-15 reps

Superset

Weighted Sit ups 3 x 15-20 reps
Seated Calf Raises 3 x 20 reps

DAY 27

Superset

Leg Extensions 2 x 30 reps
Leg Curls 2 x 20 reps

Superset

Walking Lunges 3 x 40 steps
Seated Leg Curls 3 x 15-20 reps

Leg Press 3 x 50 reps

Superset

Leg Extensions 2 x 30 reps
Leg Curls 2 x 20 reps