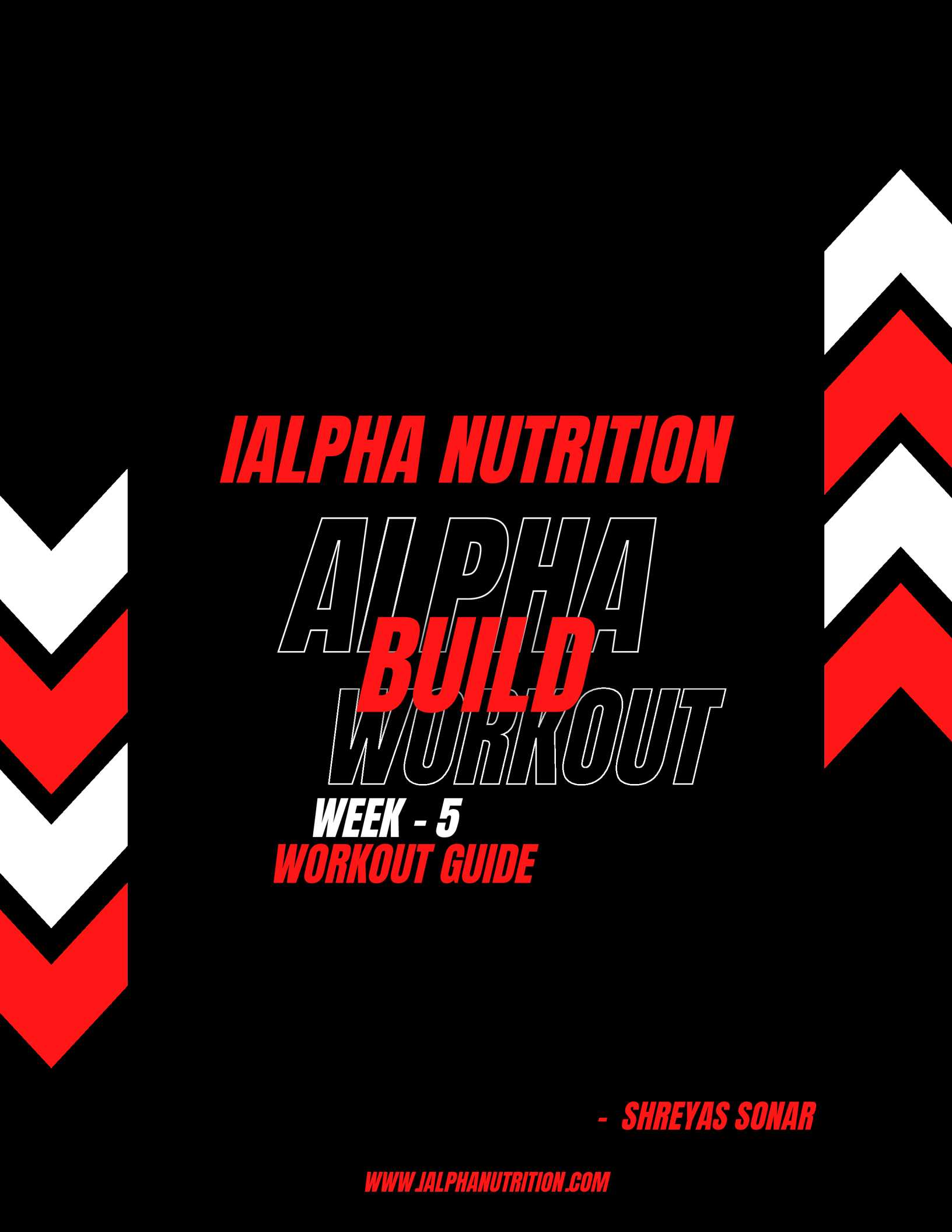




JALPHA NUTRITION

ALPHA
BUILD
WORKOUT

WEEK - 5
WORKOUT GUIDE

- SHREYAS SONAR

WWW.JALPHANUTRITION.COM

WORKOUT - WEEK - 5

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 29

Seated Shoulder Press 2 warm-up x 8-10

3 x 6-8

One Arm Shoulder Press Machine 1 warm-up x 8-10

2 x 8-10, 1 drop set to failure

Superset

Side Raises 3 x 12-16

Side Raises Cable 3 x 12-16

Dumbbell Shrugs 1 warm-up set of 8-10

3 x 12-20

Rear Delt Fly 1 warm-up set of 8-10

7 x 12-16

DAY 30

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 31- REST

DAY 32

Standing Calf Raises 1-2 warm-up x 8-10, 4 x 12

Seated Calf Raises 4 x 18-20

Hanging Leg Raises 3 x 20

Cardio 30 minutes

WORKOUT - WEEK - 5

DAY 33

Reverse Grip Lat Pulldown 1 warm-up set of 8-10

3 x 8-10

Wide Grip Lat Pulldown 1 warm-up set of 8-10

3 x 8-12

One Arm Dumbbell Row 3 x 8-12

Deadlift 1 warm-up set of 8-10

3 x 16

Hammer Dumbbell Curl 3 x 18-20

Preacher Machine Curl 3 x 14-16

E-Z Bar Curls 3 x 8-10

DAY 34

Superset

Leg Extensions 3 x 20 full and 10 partial

Seated Leg Curl 3 x 12-15

Superset

Hack Squat 4 x 50

Leg Curl 4 x 18-20