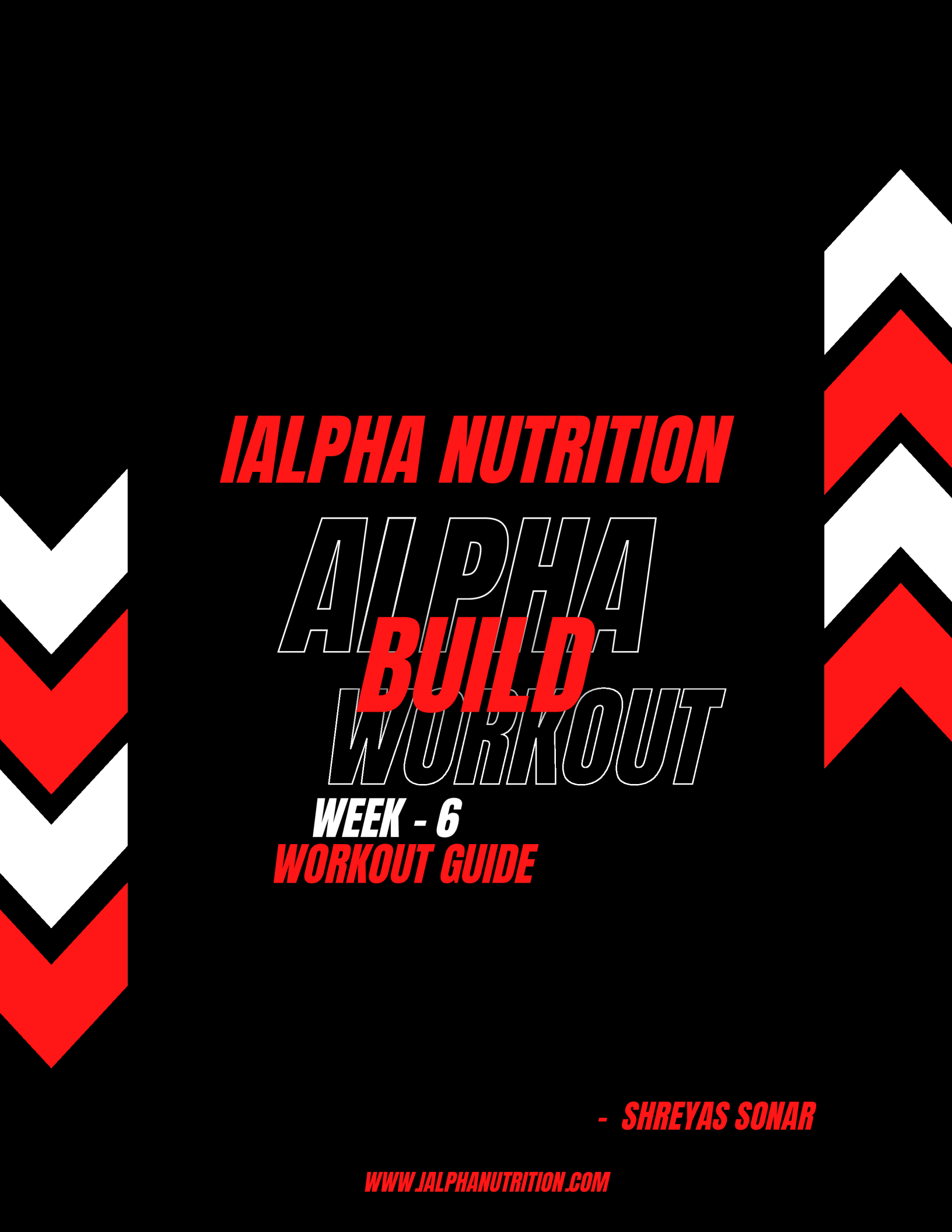




JALPHA NUTRITION

ALPHA
BUILD
WORKOUT

WEEK - 6
WORKOUT GUIDE

- SHREYAS SONAR

WWW.JALPHANUTRITION.COM

WORKOUT - WEEK - 6

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 36

Flat Dumbbell Press 2 warm-up x 8-10 reps

2 x 6-8 reps

Straight Arm Pullovers 1 warm-up x 8-10 reps

2 x 10-12 reps

Incline Flyes 3 x 10-12 reps, 1 drop set x failure

Overhead Tricep Extensions 1 x 12-15 reps, 2 drop set x failure

Dips 3 x 12-15 reps

Superset

Lying Dumbbell Extensions 3 x 10-12 reps

Narrow Pushups 3 x failure

Bench Dips 3 x 12-15 reps

DAY 37

Reverse Grip Pulldown 1 warm-up x 8-10 reps

3 x 8-10 reps

Lat Pulldown 3 x 12-15 reps

Dumbbell Row 3 x 15-17 reps

Close Grip Pullups 3 x 10-12 reps

Alternating Dumbbell Curls 1 warm-up x 8-10 reps

3 x 12-14 reps

Preacher Curls 1 warm-up x 8-10 reps

3 x 12-14 reps

Incline curls 3 x 20 reps

DAY 38- REST

WORKOUT - WEEK - 6

DAY 39

Superset

Dumbbell Side Raises 3 x 15-17 reps

Front Dumbbell Raises 3 x 15-17 reps

Machine Shoulder Press 1 warm-up set of 8-10 reps
3 x 15-17 reps

Rear Delt Raises 7 x 12-15 reps

Standing Calf Raises 1 warm-up set of 8-10 reps
5 x 20 reps
Sit-Ups 3 x failure

DAY 40

Leg Extensions 2 warm-up x 8-10 reps

1 drop set of 100 total reps

Leg Press 2 warm-up x 8-10 reps
3 x 30 reps

Standing Hamstring Curls 1 warm-up x 8-10 reps
3 x 20 reps

Hack Squats 2 warm-up x 8-10 reps
3 x 30 reps

DAY 41

Cardio 40 mins