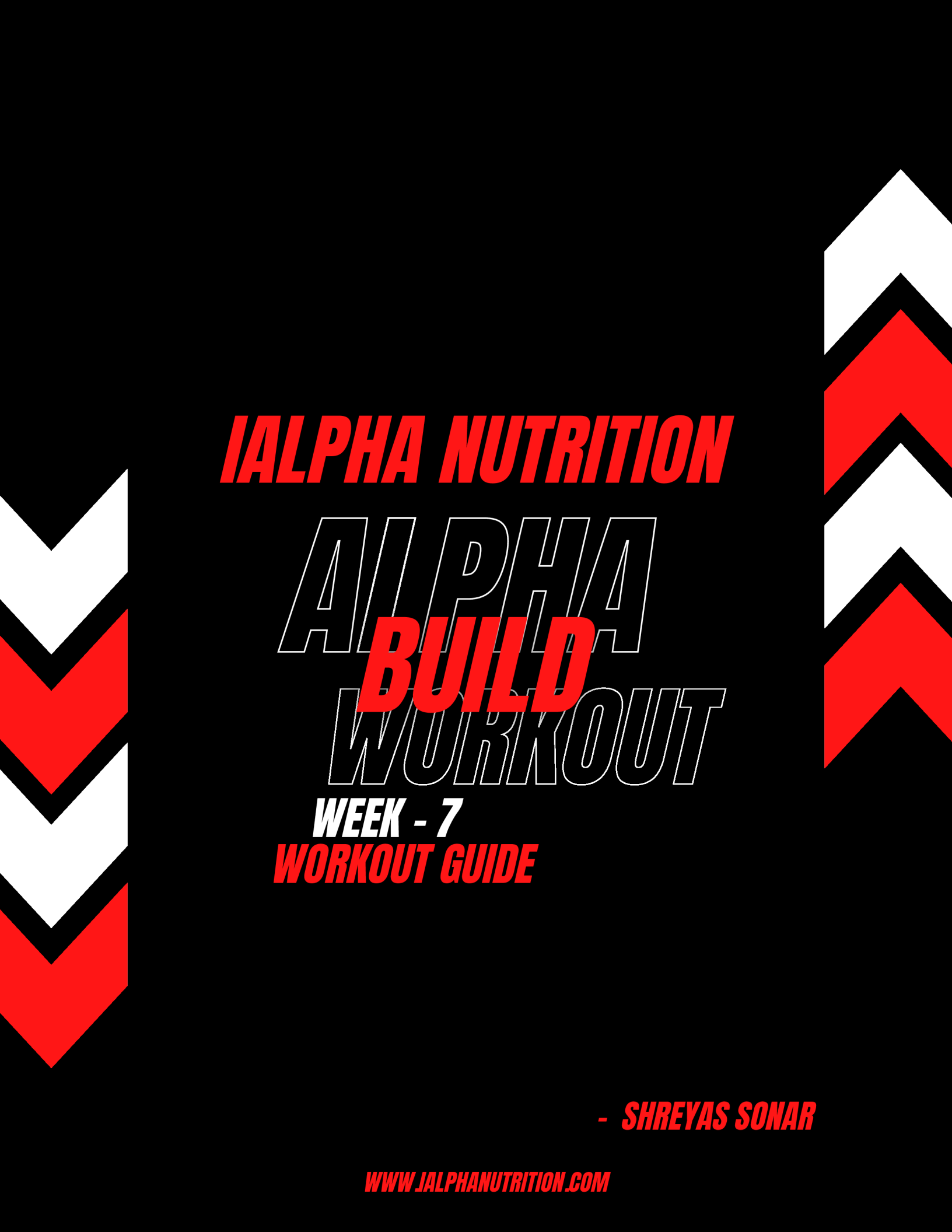




JALPHA NUTRITION

ALPHA
BUILD
WORKOUT

WEEK - 7
WORKOUT GUIDE

- SHREYAS SONAR

WWW.JALPHANUTRITION.COM

WORKOUT - WEEK - 7

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 43

Reverse Grip Hammer Pulldowns 2 warm up x 8-10 reps

3 x 10-12 reps

Bent Over Barbell Rows 1 warm up x 8-10 reps

3 x 10-12 reps

Single-Arm Rows 1 warm up x 8-10 reps

2 x 10-12 reps

Reverse Grip Pulldowns 1 warm up x 8-10 reps

3 x 10-12 reps

Preacher Curls 1 warm up x 8-10 reps

4 x drop sets of 12, 12, 12, reps

EZ Bar Curls 4 x drop sets of 12, 12, 12, reps

DAY 44

Side Lateral Raise 2 warm-up x 8-10 reps

3 x drop sets of 10, 10, 10 reps

Shoulder Press 1 warm-up x 8-10 reps

3 x drop sets of 10, 10, 10 reps

Rear Delt Raise 1 x 12 reps + 20 half reps

DAY 45- REST

WORKOUT - WEEK - 7

DAY 46

Pec Dec Fly 2 warm-up x 8-10 reps

3 x drop sets of 12, 12, 12 reps

Machine Press 3 x drop sets of 12, 12, 12 reps

Incline Dumbbell Fly 3 x drop sets of 12, 12, 12 reps

DAY 47

Superset

Leg Press 3 x 85 reps

Squats 3 x 20 reps

Leg Extensions 3 x drop sets of 12-15 reps

1 burnout set with half reps

DAY 48

Cardio 40 mins