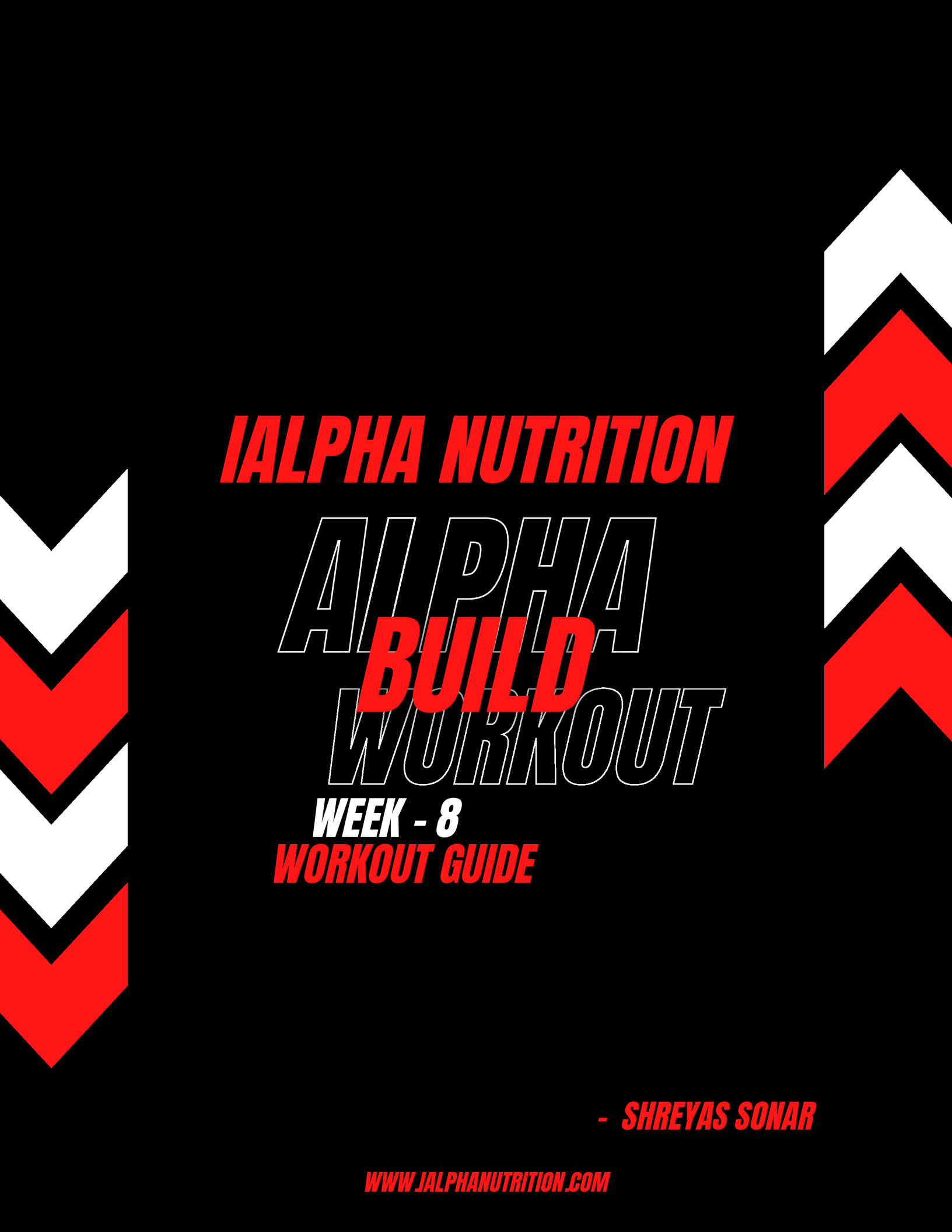




JALPHA NUTRITION

ALPHA
BUILD
WORKOUT

WEEK - 8
WORKOUT GUIDE

- SHREYAS SONAR

WWW.JALPHANUTRITION.COM

WORKOUT - WEEK - 8

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 50

Triceps Cable Extensions 1 warm up x 8-10 reps

3 x drop sets of 15,15,15

Close Grip Bench Press 2 warm up x 8-10 reps

3 x drop sets of 15,15,15

Triceps Overhead Rope Extensions 2 warm up x 8-10 reps

3 x drop sets of 10,10,10

Standing Calf Raises 7 x 20 reps

Weighted Sit-Ups 1 warm up set of 8-10 reps

3 x 10-12 reps

Hanging Leg Raises 2 x 15-17 reps

DAY 51

Smith Machine Shoulder Press 2 warm up sets

3 x 10 reps

Shoulder Press Behind The Neck 1 x 8 reps

1 x drop set of 8, 10 reps

Machine Side Lateral Raises 4 x drop sets of 10, 10 reps

Smith Machine Shrugs 1 warm up set

3 x 18-20 reps

Machine Rear Raises 7 x 15 reps

DAY 52- REST

WORKOUT - WEEK - 8

DAY 53

Flat Dumbbell Press 2 warm up sets

3 x 6-8 reps

Incline Dumbbell Press 2 warm up sets

2 sets of 10 reps

1 x drop set of 10, 10, 10 reps

Peck Deck Fly 2 warm up sets

3 x drop sets of 8, 8 reps

Tricep Rope Pushdown 2 warm up sets

3 x drop sets of 12, 12 reps

Overhead Tricep Extensions 2 warm up sets

3 x drop sets of 12, 12 reps

Smith Machine Close Grip Bench Press 2 warm up sets

2 x 12 reps

1 x 12 reps and Half reps until failure

DAY 54

Single Leg Hamstring Curls 2 warm-up x 8-10 reps

4 x drop sets of 10, 10 reps

Stiff-Legged Deadlift 2 warm-up x 8-10 reps

2 x 16-18 reps

Leg Press 2 warm-up x 8-10 reps

2 x 20 reps to failure

Leg Extensions 2 warm-up x 8-10 reps

3 x drop sets of 20, 20, 20 reps

Superset

Seated Hamstring Curls 1 warm-up x 8-10 reps

3 drop sets of 16, 16 reps

Standing Calf Press 1 warm-up x 8-10 reps

3 x drop sets of 20, 20 reps

WORKOUT - WEEK - 8

DAY 55

Tri Set

Chins Ups 3 x 16-20 reps

Behind The Neck Pulldowns 3 x 12 reps

Cable Row 3 x drop sets of 12, 12 reps

Superset

Bent Over Row 3 x 12 reps

Hyperextensions 3 drop x 12, 12 reps

Superset

Alternating Dumbbell Curls 1 x 20 reps

2 x 8 reps

High Cable Curls 3 x drop sets of 8, 8 reps

Cable Bicep Curls 3 x drop sets of 20, 20 reps

Weighted Sit-Ups 3 x sets of 10-15 reps