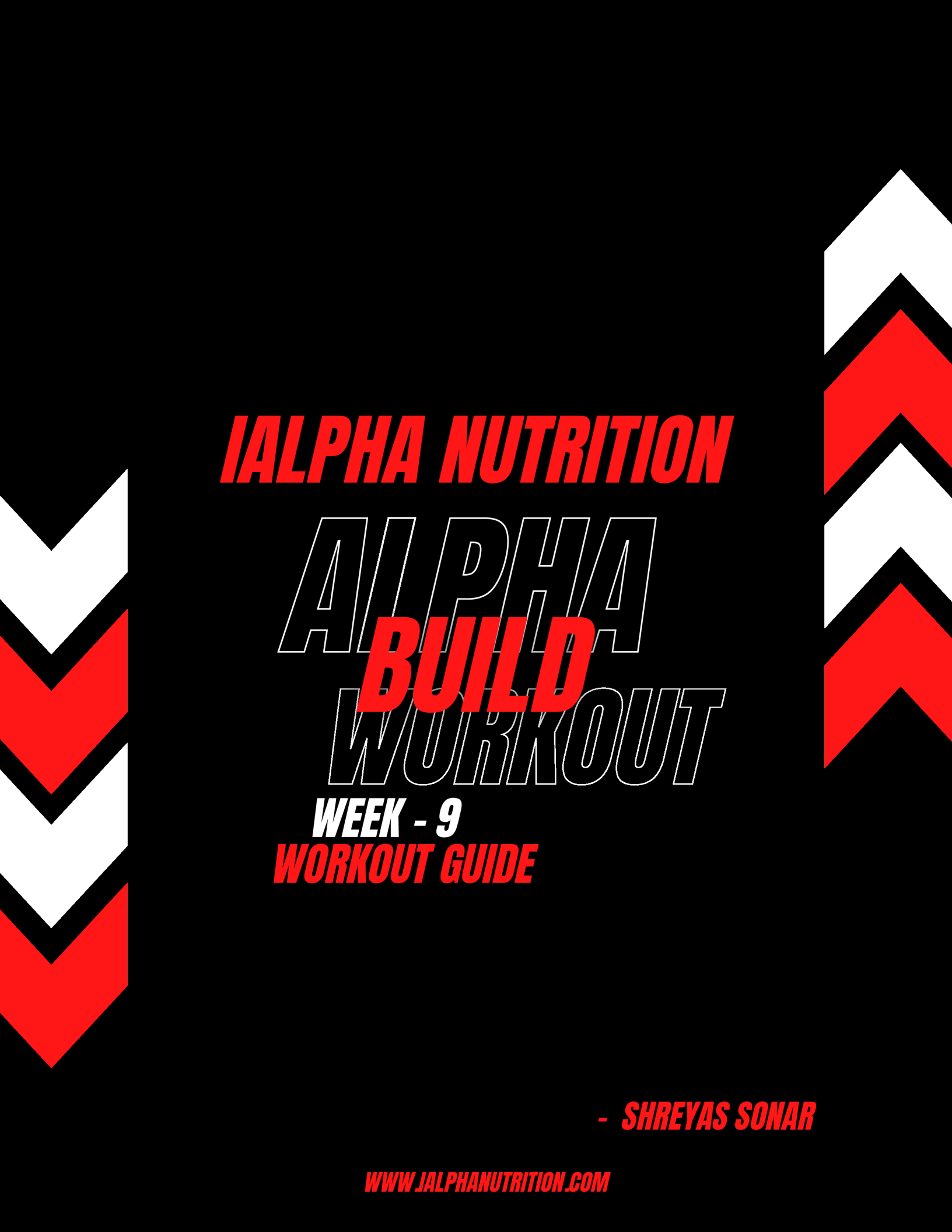




JALPHA NUTRITION

ALPHA
BUILD
WORKOUT

WEEK - 9
WORKOUT GUIDE

- SHREYAS SONAR

WWW.JALPHANUTRITION.COM

WORKOUT - WEEK - 9

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 57

Superset

Side Raises 2 warm-up x 8-10 reps

3 x drop sets of 10,10,10 reps

Front Plate Raises 2 warm-up x 8-10 reps

3 x 10-12 reps

Superset

Shoulder Barbell Press 2 warm-up x 8-10 reps

3 x drop sets of 10,10,10 reps

Rear Delt Fly 2 warm-up x 8-10 reps

3 x 12 reps

Dumbbell Shrugs 3 x 20 reps

Superset

Seated Calf Raises 2 x drop sets of 10,10,10 reps

Standing Calf Raises 2 x failure

DAY 58

Superset

Leg Press 3 x 22-25 reps

Squats 3 x 8-10 reps

Superset

Seated Leg Curl 3 x 20 reps

Standing Leg Curl 3 x 8-10 slow reps + 10 fast reps

WORKOUT - WEEK - 9

Hack Squats 3 x 20-30 reps

Single Leg Extension

1 x 20 reps

1 x 10 reps

1 x 5 reps

DAY 59- REST

DAY 60

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

3 x 8-10 reps

Single Arm Rows 2 warm-up x 8-10 reps

3 x 12-15 reps

Bent Over Rows 2 warm-up x 8-10 reps

3 x 10-12 reps

Lat Pulldowns 3 x 12-15 reps

Spider Curls 1 warm-up x 8-10 reps

3 x 8-10 reps

Concentration Curls 1 warm-up x 8-10 reps

3 x 12-15 reps

Machine Preacher Curls 7 x 10-15 reps

DAY 61

Dumbbell Press 5 warm-up x 8-10 reps

2 x 6-8 reps

Decline Bench Press 2 warm-up x 8-10 reps

1 x drop set of 8,8,8 reps

Incline Dumbbell Press 2 x 8-10 reps

1 x drop set of 8,8 reps

Cable Fly 2 x 10-12 reps

1 x drop set of 12,12 reps

WORKOUT - WEEK - 9

Superset

Skull Crusher 3 x 10-12 reps

Pullovers 3 x 8-10 reps

Overhead Dumbbell Extension 2 warm-up x 8-10 reps

3 x 10-12 reps

Bench Dips 3 x drop sets of 10,10,10

INCLINE REVERSE CRUNCH 3 X 15 REPS

DAY 62

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