



JALPHA NUTRITION

***ALPHA
BUILD
WORKOUT***

***WEEK - 10
WORKOUT GUIDE***

- SHREYAS SONAR

WWW.JALPHANUTRITION.COM

WORKOUT - WEEK - 10

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 64

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

2 x 6-10 reps

Side Raises 3 x 10-12 reps

Front Raises 3 x 10-12 reps

Cable Side Raises 3 x 8-10 reps and 3 negative reps

Wide Grip Upright Row 7 x 15 reps

Superset

Calf Raises on Leg Press Machine 3 x 20 reps

Crunches 3 x 20-30 reps

DAY 65

Incline Fly 2 warm-up x 8-10 reps

2 x 10-12 reps

Flat Machine Press 2 x 12-15 reps

Push-Up 2 x 10 reps

Dips 3 x 10-12 reps

Tricep Overhead Rope Extension 3 x 12-15 reps

Cable Pushdowns 2 x 10-12 reps

WORKOUT - WEEK - 10

DAY 66- REST

DAY 67

Leg Extensions 2 warm-up x 8-10 reps

3 x 20 (1 Full + 1 Half = 1 reps) reps

Partial Leg Extensions 2 x drop set of 10,10,10,10,10

Leg Press 2 x 60 reps (20 high 20 mid 20 low)

Walking Lunges 1 warm up x 8-10 reps

2 x failure

Stiff-Leg Deadlift 3 x 12-15 reps

DAY 61

Giant Set

Chin ups 1 warm up x 8-10 reps

3 x 15 reps

Cable Rows 1 warm up x 8-10 reps

3 x 15 reps

Behind The Neck Pulldowns 1 warm up x 8-10 reps

3 x 15 reps

Bent-Over Row 1 warm-up x 8-10 reps

3 x 15 reps

Hammer Curls 2 warm-up x 8-10 reps

3 x 20 reps

Barbell Curls 2 warm-up x 8-10 reps

3 x 10-12 reps

Hammer Cable Curls 3 x 20 reps

WORKOUT - WEEK - 10

DAY 62

Cardio + Abs