



***JALPHA NUTRITION***

***ALPHA***  
***BUILD***  
***WORKOUT***

***WEEK - 11***  
***WORKOUT GUIDE***

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***WWW.JALPHANUTRITION.COM***

# ***WORKOUT - WEEK - 11***

## 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 71

Side Raises 50,40,30,20,10

5 x Drop set of 10 reps

Machine Hammer Press 2 warm up x 8-10 reps

1 x drop set of 10,10,10 reps

Barbell Shrug 1 warm up x 8-10 reps

2 x 8-12 reps

Superset

Seated Calf Raise 3 x 10-12 reps

Machine Calf Press 3 x 10-12 reps

Sit Ups 3 x 30 reps

## DAY 72

Superset

Seated Hamstring Curl 1 x 20 reps

Leg Extensions 1 x 40 reps

Squats 10, 40, 30, 20

Superset

Leg Extensions 2 x 20 reps

Seated Hamstring Curl 2 x 20 reps

# ***WORKOUT - WEEK - 11***

## DAY 73- REST

### DAY 74

Pull-Ups 3 x 16-20 reps

Dumbbell Press 2 x 8-10 reps

Superset

Cable Rows 3 x 12-16 reps

Incline Dumbbell Press 2 x 8-12 reps

Superset

Reverse Grip Cable Pulldowns 2 x 8-10 reps

Incline Fly 2 x 8-10 reps

Deadlift 1 warm up x 8-10 reps

1 x Drop set of 5,10,15 reps

### DAY 75

Superset

Alternating Dumbbell Curls 40,30,20,10, 10,20,30,40

Skullcrushers 40,30,20,10, 10,20,30,40

### DAY 76

Cardio + Abs