



JALPHA NUTRITION

ALPHA
BUILD
WORKOUT

WEEK - 12
WORKOUT GUIDE

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WORKOUT - WEEK - 12

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 78

Standing Calf Raises 10 x 15 reps

Incline Sit Ups 2 warm-up x 8-10 reps

3 x 15 reps

Smith Machine Shoulder Press 50, 40, 30, 20, 10

Smith Machine Shoulder Press 10, 20, 30, 40, 50

Superset

Upright Row - Wide Grip 10, 7, 5

Upright Row - Close Grip 10, 7, 5

Upright Row 1 x drop set of 8,8,8 reps

DAY 79

Leg Press 2 warm up x 8-10 reps

1 x drop set of 20, 10, 10 reps

Superset

Hack Squats 2 x 30 reps

Squats 2 x 10 reps

Superset

Leg Curls 2 x 16-20 reps

1 x drop set of 16,20 reps

Stiff Legged Dumbbell Deadlift 3 x 10-12 reps

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DAY 80- REST

DAY 81

Superset

Machine Pullovers 3 x 10-12 reps

Flat Dumbbell Press 3 x 6-8 reps

Superset

Incline Fly 3 x 10-12 reps

Bent Over Row 3 x 10-12 reps

Superset

Cable Crossovers 3 x 10-12 reps

Single Arm Dumbbell Row 3 x 10-12 reps

Superset

Underhand Cable Pulldown 3 x 10-12 reps

Flat Dumbbell Press 3 x 6-8 reps

DAY 82

Superset

Machine Preacher Curls 2 x 10-12 reps

1 x drop set of 10,10,12 reps

Dips 2 x 10-12 reps

1 x drop set of 10,10,12 reps

Superset

Tricep Rope Pushdowns

1 x 12 reps

1 x drop set of 12 reps

1 x 12 reps

Barbell Curls

1 x 12 reps

1 x drop set of 12 reps

1 x 12 reps

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Superset

Close Grip Bench Press 3 x 10-12 reps

Hammer Curls 3 x 10-12 reps

Superset

Standing Cable Curls 3 x 12 reps

Tricep Cable Extensions 3 x 12 reps

DAY 83

Dumbbell Shoulder Press 2 warm up x 8-10 reps

3 x 10-12 reps

Superset

Side Raise 2 warm up x 8-10 reps

4 x 10-12 reps

Rear Delt Fly 2 warm up x 8-10 reps

4 x 10-12 reps

Dumbbell Shrugs 1 warm up set of 8-10 reps

4 x 20 reps

Superset

Seated Calf Press 3 x 20 reps

Weighted Sit Ups 3 x 15-17 reps

Superset

Calf Machine Press 3 x 10-12 reps

Incline Leg Raise 3 x 12-15 reps