



JALPHA NUTRITION

ALPHA
BUILD
WORKOUT

WEEK - 13
WORKOUT GUIDE

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WORKOUT - WEEK - 13

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 85

Superset

Leg Extensions 50, 40, 30, 20, 10, 10, 20, 30, 40, 50

Seated Leg Curls: 50, 40, 30, 20, 10, 10, 20, 30, 40, 50

Lunges 1 warm up x 8-10 reps

3 x 10 reps

DAY 86

Superset

Dumbbell Chest Press 50, 40, 30, 20, 10, 10, 20, 30, 40, 50

Bent-Over Rows: 50, 40, 30, 20, 10, 10, 20, 30, 40, 50

WORKOUT - WEEK - 13

DAY 87- REST

DAY 88

Squats 1 warm up x 8-10 reps

3 x 6 reps

Machine Squats 3 x 6 reps

Single Arm Shoulder Press 1 warm up x 8-10reps

3 x 10 reps

Circuit

Side Dumbbell Raises 2 x 15-20 reps

Dumbbell Rear Delt Fly 2 x 15-20 reps

Side Cable Raises 2 x 15-20 reps

DAY 89

Standing Calf 4 sets of 20 reps

Calf Press Machine 4 sets of 20 reps

Hanging Leg Raises 4 sets of 20 reps

Incline Crunches 4 sets of 20 reps

Standing Twists 1 set of 1 minute

DAY 90

Reverse Grip Rows 3 x 6-10 reps

Superset

Rack Deadlifts 3 x 4-6 reps

Straight Arm Pullovers 3 x 10-12 reps

Single Arm Rows 3 x 10-12 reps

Circuit

Incline Biceps Curls 3 x 8-12 reps

Rope Curls 3 x 10-12 reps

Reverse Grip Pullups 3 x 8-12 reps

WORKOUT - WEEK - 13

Circuit

Tricep Cable Extensions 3 x 20 reps

Overhead Tricep Extensions 3 x 12 reps

Dips 3 x 10 reps