



***JALPHA NUTRITION***

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

***WEEK - 14***  
***WORKOUT GUIDE***

***- SHREYAS SONAR***

***WWW.JALPHANUTRITION.COM***

# ***WORKOUT - WEEK - 14***

## **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 92**

Stick Twist 100

Leg Press: 50, 40, 30, 20, 10, 10, 20, 30, 40, 50

Lunges 1 warm up x 8-10 reps

2 x 10 reps

## **DAY 93**

Superset

Reverse Grip Pulldowns 50, 40, 30, 20, 10, 10, 20, 30, 40, 50

Incline Db Press 50, 40, 30, 20, 10, 10, 20, 30, 40, 50

## **DAY 94**

Barbell Shoulder Press Behind Neck 50, 40, 30, 20, 10

Barbell Shoulder Press 10, 20, 30, 40, 50

Circuit

Upright Row 3x20

Calves 3x20

Sit Ups 3x20

# ***WORKOUT - WEEK - 14***

DAY 95- REST

DAY 96

Barbell Curls 50, 40, 30, 20, 10

Hammer Curls 10, 20, 30, 40, 50

Circuit

Close Grip Press 50, 40, 30, 20, 10

Triceps Pushdown 10, 20, 30, 40, 50