



JALPHA NUTRITION

ALPHA
BUILD
WORKOUT

WEEK - 15
WORKOUT GUIDE

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WORKOUT - WEEK - 15

KEY POINTS:

- Rep Tempo - 2-0-1-0
- Rest periods - 30-60Sec
- This is my personal training program, you can change the days around to suit your needs.

MONDAY

Incline Dumbbell Chest Press 30, 20, 10, 10, 20, 30 Reps
Decline Dumbbell Chest Press 30, 20, 10, 10, 20, 30 Reps
Flat Chest Press Machine 30, 20, 10, 10, 20, 30 Reps
Front Raises 30, 20, 10, 10, 20, 30 Reps
Bent-Over Rear Delt Fly 30, 20, 10, 10, 20, 30 Reps
Side Raises 30, 20, 10, 10, 20, 30 Reps

TUESDAY

Leg Extensions 30, 20, 10, 10, 20, 30 Reps
Superset
Hack Squat 30, 25, 20 Reps
Reverse Hack Squat 20, 25, 30 Reps

Leg Press 30, 20, 10, 10, 20, 30 Reps
Calves 30, 20, 10, 10, 20, 30 Reps

Superset
Leg Raises 5 x Failure
Lying Wipers 5 x Failure

WEDNESDAY

Superset
Triceps Extensions 30, 25, 20, 20, 25, 30 Reps
Dumbbell Biceps Curl 20, 15, 10, 10, 15, 20 Reps

Superset
EZ-Bar Skull Crushers 30, 25, 20, 20, 25, 30 Reps
EZ-Bar Preacher Curls 20, 15, 10, 10, 15, 20 Reps

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Superset

Dips 30, 25, 20, 20, 25, 30 Reps

Hammer Curls 20, 15, 10, 10, 15, 20 Reps

THURSDAY

Deadlifts 15, 10, 5, 5, 10, 15 Reps

Lying leg Curls 30, 20, 10, 10, 20, 30 Reps

Seated leg Curls 30, 20, 10, 10, 20, 30 Reps

Superset

Cable Crunches 5 x 30 reps

Cross Crunches 5 x 30 reps

FRIDAY

Pullup 20, 15, 10, 10, 15, 20 Reps

T-Bar Rows 20, 15, 10, 10, 15, 20 Reps

Seated Machine Row 20, 15, 10, 10, 15, 20 Reps

Superset

Machine Shrugs 30, 20, 10, 10, 20, 30 Reps

Standing Calf Raises 30, 20, 10, 10, 20, 30 Reps