

Monday-

Weight squats+hip extension -1+3×15

Leg press +sumo squat-1+3×15

Leg extension+ abductor-1+3×15

Tuesday

Deadlift +Front pulldown

Barbell row+Back pulldown

Seated row+hyperextension

Wednesday

Chest press +dumbbell fly

Incline press +pec fly

Decline press +Close grip dumbbell press

Thursday

Military press +Side rises

Dumbbell press+pec fly

Upright +face pull

Barbell shrugs

Friday

Biceps curls +close grips

Peacher curl+push down

Hammer curl+Triceps extension

Concentration curl +kick Back

Saturday

Stiff Deadlift +hip extension

Leg curl +Bulgarian squats

Calf rise+lunges