



Daily Workout Schedule

Time Per Workout: 30 Mins

Equipment: Dumbbells, Machines, Bodyweight & EZ Bar

Main Goal: Building Muscle

Training Level: Beginners

Program Duration: 8 -10 Weeks

Monday

Exercise	Sets	Rep Goal Total	Rest
Chest & Triceps			
Dumbbell Bench Press	4	12	90 sec
Incline Bench Press	2	10	60 sec
Tricep Dip	3	Till Failure	60 sec
Lying Tricep Extension	3	10	60 sec

* Have a 10min warmup before you begin your workout.

* Light weights only for skullcrushers, focus on form.

* Have your bench at a 30 degree angle for incline bench press.

Tuesday: REST DAY

Wednesday

Exercise	Sets	Rep Goal Total	Rest
Back & Biceps			
Wide Grip Pull Up	4	10	90 Sec
Bent Over Row	3	12	60 sec
Single Arm Dumbbell Row	3	10	60 sec
Standing EZ Bar Curls	3	10	60 sec
Dumbbell Hammer Curl	3	10	60 sec

* Have a 10min warmup before you begin your workout.

* Use lat pull downs if you can not do pull ups.

Thursday: REST DAY

Friday

Exercise	Sets	Rep Goal Total	Rest
Legs & Shoulders			
Leg Press	4	12	90 sec
Leg Extension	3	12	60 sec
Leg Curl	3	12	60 sec
Dumbbell Military Press	5	10	60 sec
Dumbbell Lateral Raise	3	10	60 Sec

* Have a 10min warmup before you begin your workout.