

Whole Body Workout Plan

Day 1

Target Muscles		Whole Body	
Exercise / Machine	Muscle Group	Sets	Reps
Leg Press	Legs	5	20, 12, 12, 12, 12
Calf Machine	Legs	4	20, 20, 20, 20
Hyper Extension Bench	Core	4	15x15x15 (3: right, back, left)
Sit Ups	Abs	4	40, 40, 40, 40
Lat Pulldown Machine	Back	4	12, 12, 12, 12
Butterfly Reverse	Back	4	12, 12, 12, 12
Butterfly	Chest	5	12, 10, 10, 10, 10
Chest Press Machine (Incline)	Chest	3	12, 12, 12
Dumbbell Side Lateral Raise	Shoulder	5	12, 12, 10, 10, 10
Seated overhead dumbbell press	Shoulder	4	12, 12, 12, 12
Rope Tricep Pushdown	Triceps	4	12, 12, 12, 12
Twisting Biceps Curls	Biceps	4	12, 12, 12, 12