

Bodybuilding Exercises 1

Description - a bodybuilding training routine

Few things to keep in mind / todos:

- Start each routine with 10 mins of warmup: either light jogging or on the cycle
- Follow up the warmup with some yoga or dynamic stretches
- Windup each routine with cooling down: light walking or cycling
- Adjust weights for exercise so that you can do 12 reps with good posture, and by the end of the 3rd set you should be struggling

Note: For the initial 2-3 weeks, pick one exercise from each category and perform 3 sets of each.

Push: Chest

- Push ups - (12x + 12x + 12x)
 - Begin with knee on the floor push-ups
- Bench Press - (12x + 12x + 12x)
- Incline Press - (12x + 12x + 12x)
- Decline Press - (12x + 12x + 12x)
- Cable Crossovers Pushes - (12x + 12x + 12x)

Pull: Biceps, Push: Triceps

- Dumbbell Curls (12x each arm) - Biceps
- Hammer Curls (12x each arm) - Biceps
- Concentration Curls (12x each arm) - Biceps
- Bench Dips (20x) - Triceps
- Cable Pushdowns - (12x) - Triceps
- Overhead Dumbbell push (12x each side) - Triceps

Repeat 3 sets of each exercise above.

Legs

- Weighted Squats (12x)
- Leg Extensions (12x)
- Hamstring Leg Curls (12x)
- Leg Push (12x)
- Weighted Calf Raises (12x)

Repeat 3 sets of each exercise above.

Pull: Back

- Lateral Pull Downs (12x each arm)
- Dumbbell Rows (12x Each arm)
- Barbell Rows (12x)
- Seated Cable Rows (12-15x)
- Deadlift (12x)

Repeat 3 sets of each exercise above.

Push: Shoulder

- Dumbbell Lateral Raises (12x)
- Military Press (12x)
- Dumbbell Forward Raises (12x)
- Shrugs (12x)
- Pike push-ups (12x)

Repeat 3 sets of each exercise above.

ABS

- Situps (10x)
- Leg raises (10x)
- Plank (30 secs hold)

Repeat 3 sets of each exercise above

DIET RESTRICTIONS

- 1. NO Junk Food - (chips, burgers, pizzas, noodles, fried stuff, sweets, chocolates, etc)**
- 2. No aerated or packaged drinks.**
- 3. No alcohol**
- 4. No SMOKING (If someone does that.)**
- 5. Reduce the amount of sugar in your daily intake.**