

📅 DAY 1

Workout #1

Back and Biceps

- Narrow Grip Lat Pull Downs
- Seated Row
- Wide Grip Chin ups
- Preacher Curls
- Dumbbell Curls



📅 DAY 2

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..



📅 DAY 3

Workout #2

Shoulders, Forearms and Abs

- Seated Shoulder Press
- Rear Delt Fly
- Lateral Raises
- Traps
- Forearm Curls
- Reverse Forearm Curls
- Ab Pulldowns
- Crunches With Bands



📅 DAY 4

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..



📅 DAY 5

Workout #3

Hamstrings and Calves

- Seated Calf
- Standing Calf
- Lying Leg Curls
- Stiff Leg Dead Lifts



📅 DAY 6

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..



📅 DAY 7

Workout #4

Chest and triceps

- Incline Bench Press
- Pec Deck Fly
- Cable Crossover
- Bar Tricep Extension
- Rope Tricep Extension



📅 DAY 8

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..



📅 DAY 9

Workout #5

Quads

- Seated Leg Extension
- Leg Press
- Adductors



📅 DAY 10

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..



📅 DAY 11

Workout #6

Back and Biceps

- Narrow Grip Lat Pull Downs
- Seated Row
- Wide Grip Chin ups
- Preacher Curls
- Dumbbell Curls



📅 DAY 12

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..



📅 DAY 13

Workout #7

Shoulders, Forearms and Abs

- Seated Shoulder Press
- Rear Delt Fly
- Lateral Raises
- Traps
- Forearm Curls
- Reverse Forearm Curls
- Ab Pulldowns
- Crunches With Bands



📅 DAY 14

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..



📅 DAY 15

Workout #8

Hamstrings and Calves

- Seated Calf
- Standing Calf
- Lying Leg Curls
- Stiff Leg Dead Lifts



📅 DAY 16

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..



📅 DAY 17

Workout #9

Chest and triceps

- Incline Bench Press
- Pec Deck Fly
- Cable Crossover
- Bar Tricep Extension
- Rope Tricep Extension



📅 DAY 18

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..



📅 DAY 19 

Workout #10
Quads

- Seated Leg Extension
- Leg Press
- Adductors



📅 DAY 20 

Rest and Recovery

Recommendation:

- Consume enough protein - At least 1 gram per pound of your ideal target bodyweight
- Drink more water
- Do fast cardio: cycling, hiking, fast walking, jogging..



📅 DAY 21 

Workout #11
Back and Biceps

- Narrow Grip Lat Pull Downs
- Seated Row
- Wide Grip Chin ups
- Preacher Curls
- Dumbbell Curls

