

# WORKOUT PROGRAM

3 DAYS SPLIT



Muscle  
Kit  
Fitness

A kit to make you fit

MUSCLE KIT FITNESS  
DUBAI, UAE

# WORKOUT PROGRAM

DAYS	MUSCLE	VARIATIONS	REPS	SET
Monday	Back & Chest	Lat Pull Down	15, 12, 10	3
		Barbell or Dumbbell Rows	15, 12, 10	3
		Seated Row ( Neutral Grip)	15, 12, 10	3
		Deadlifts ( Barbell or Dumbbell)	15, 12, 10	3
		Incline Chest Press ( Dumbbell or Barbell)	15, 12, 10	3
		Flat Bench Chest Press (Dumbbell or Barbell)	15, 12, 10	3
		Decline Chest Press ( Dumbbell or Barbell)	15, 12, 10	3
		Cable Cross	15, 15, 15	3
Tuesday		REST		
Wednesday	Legs & Abs	Body Weight Squats	20, 20, 20,20,20	5
		Leg Extension	15, 12, 10	3
		Leg Curls	15, 12, 10	3
		Calf Raises	20, 20, 20	3
		Push Through Crunches	20, 20, 20	3
		Seated Crunches	20, 20, 20	3
		Plank	1 Min	3
		Russian Twist	20, 20, 20	3
Thursday		REST		
Friday	Shoulder + Biceps	Shoulder Press ( Dumbbell or Barbell)	15, 12, 10	3
		Lateral Raises	15, 12, 10	3
		Bent over Lateral Raises	20, 20, 20	3
		Shrugs	20, 20, 20	3
		Triceps Overhead Extension + Hammer Curls	15, 12, 10	3
		Triceps Pushdown + Biceps Curls	10, 10, 10	3
		Reverse Pushdown + Reverse Curls	15, 12, 10	3
		Rope Push Down.	20, 20, 20	3
Saturday	Cardio	Treadmill & Elliptical	20 mins	Each
Sunday		REST		

**ENJOY YOUR WORKOUT  
ALL THE BEST**

<https://musclekitfitness.com/>

Instagram : muscle\_kit\_fitness

**NOTE :**

- Choose Weights as per your lifting capacity and gradually increase the weight.
- Make sure to follow good Form and Technique and do not focus on just lifting heavy weights. Low weights with good Form and Technique will give you good results.
- Take sufficient rest ( 30 secs to 2 or 3 mins as per requirement ) between the sets.
- Track your Heart Rate while performing cardio on Elliptical or Treadmill.
- Follow a good Nutrition Plan as per your goal for the best results.

**FEEL FREE TO REACH OUT TO ME THROUGH THE WEBSITE OR  
INSTAGRAM FOR ANY FURTHER ASSISTANCE.**



**WORKOUT SAFELY  
AND  
STAY HEALTHY.**

**BEST REGARDS,  
DHANANJAY SHINDE  
MUSCLE KIT FITNESS.**

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