

























ZUMUB MUSCLE BUILDING WORKOUT PLAN

GOAL: GAIN MUSCLE MASS

LEVEL: BEGINNER














DAY	PART OF THE BODY		EXERCISE		SETS	REPETITIONS
MONDAY				Cardio – Treadmill - 10 minutes		
		Legs		Squats	3x	15/12/10
		Chest		Bench Chest Press	3x	15/12/10
		Back		Low Row	3x	15/12/10
		Shoulders		Barbell Shoulder Press	3x	15/12/10
		ABS		Abdominal Crunch	3x	20
TUESDAY	RESTDAY					
WEDNESDAY <small>Large muscle groups</small>				Cardio – Treadmill - 10 minutes		
		Legs		Deadlift	3x	15/12/10
		Chest		Pec Deck Flymachine	3x	15/12/10
		Back		Pulldown	3x	15/12/10
		Shoulders		Dumbbell Front Raise	3x	15/12/10
		ABS		ScissorKick		20
THURSDAY	RESTDAY					



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DAY	PART OF THE BODY		EXERCISE		SETS	REPETITIONS
FRIDAY Isolated muscles				Cardio – 10 minutes		
		Legs		Machine Leg Adduction and Abduction	3x of each one	15/12/10
				Smith Machine Calf Raise	3x	15/12/10
		Biceps		Dumbbell Alternating Bicep Curl	3x	15/12/10
		Triceps		Triceps Pushdown	3x	15/12/10
		Shoulders		Dumbbell Lateral Raise	3x	15/12/10
		Back		Back Extension	3x	15/12/10
SATURDAY	RESTDAY					
SUNDAY	RESTDAY					
REST TIME	Between Sets: around 2 minutes		Between repetitions: 30 seconds to 1 minute			