

Monday

Arms (Antagonistic)

- wt. Warmup. Not required.
- 15 A1. One dumbbell kickbacks
 22 A2. Alternate dumbbell curls
 22 B1. Reverse curls
 22 B2. Concentration curls

Wednesday

Shoulder & Neck (Isolated)

- wt. Warmup. Not required.
- 30 A1. Dumbbell shrugs
 30 A2. Neck curls
 15 B1. Rear/Side/Front lateral raises
 15 B2. Arnold presses

Friday

Back (Isolated) & Chest

- wt. Warmup. Not required.
- 22 A1. One dumbbell rows
 22 A2. Bent over dumbbell rows FG/RG
 15 B. Dumbbell flies

Saturday

Abdominals (Antagonistic)

- wt. Warmup. Planks.
- 30 A. Weighted crunches
 B. Planks

Sunday

Calves

- wt. Warmup. 50 Free hand squats.
- A. One leg standing calf raises

Diet plan

- hr. 16 gm protein per diet (< 50 gm carbs/day)
- 8 Milk+Whey+Seeds+Vit+Min (15 gm carbs)
 13 300 gm Yogurt+Whey+D3+Ω3 (10 gm carbs)
 16 66 gm Almond (4 gm carbs)
 20 3 boiled/scrambled eggs with avocado
 23 Whey protein shake

☺ **Diet. 6 balanced diets a day** \Rightarrow 8:30 AM: Whole milk+Seeds; 10 AM: coffee in milk; 1 PM: 80 gm peanuts/Whey protein; 4 PM: 3 boiled eggs; 9 PM: 80 gm peanuts/Creamy Yogurt+Seeds; 12 PM: 3 boiled eggs. **Minimum 16 grams protein each diet** = $16 \times 6 = 96$ gm; $1.2 \text{ gm} \times \text{bodyweight in kg (80)}$. The Academy of Nutrition and Dietetics recommends that bodybuilders should eat 1.2 to 1.7 grams of protein per kilogram bodyweight each day. Keto diet = 30-50 gm carbs/day.

▣ **Strategy (Super Drop Set)**. Two exercises done in alternation *back-to-back* (e.g., A1+A2) with minimal rest. **Set 1** is (**warm-up**) 50% wt. lift (20-25 reps) done slowly. **Set 2** is max 100% wt. lift (6-8 reps). **Set 3** is 70% wt. lift (12-15 reps). **Set 4** is 50% wt. lift (18-21 reps) with pauses in mid-points of exercise. **Set 5** (optional) is 25% wt. lift (30-35 reps).

† **Preference**. Dumbbells are less constrained, and therefore enable more isolation on muscles. I prefer dumbbells for most exercises. Stretching and warm-up seem to be beneficial in regime of traditional bodybuilding, but I refrain from doing it. Stretching has far more disadvantages, than its fruits. Warmup should be done slowly with very light weights, and about more than 25 reps, in order to slowly pump blood in particular muscle.

I prefer isolated exercises and isolation warmup, rather than heavy compound warmup (like pushups). Barbells and Cables have lower rate of isolation than dumbbells, however, dumbbells are more preferable for isolation exercises.

♀ **Phase Workout**. I shift exercises every three months, in order to avoid plateau. This can be accomplished by changing exercises with similar ones, like replacing *Laying extension* with *Close grip press*, or *Shrugs* with *Up right rows*, or *Full squats* with *Hack squats*.

Another great alternative to avoid plateau is *periodization*. It has Meso-cycles to fluctuate max. wt. lift. It varies with weeks as percentage of 1 RM: 70 %, 75 %, 80 %, 65 %, 85 %, 75 %, 80 %, 85 %, 70 %, 90 % (10 week cycle).

Another alternative is doing workout in several phases. Phase 1 is Drop Supersets; doing two exercises in a row back-to-back. Phase 2 is Giant supersets; doing 3 or more exercise in a row back-to-back with minimal rest. Phase 3 is Pre-exhaust supersets; doing isolation exercises followed by compound ones, using same muscle group. These phases could either be of one week or several weeks.