

40-DAY GYM EXERCISE PLAN

WAKE. TRAIN. EAT. CONTROL. RECOVER. REPEAT.

MONDAY — CHEST + SHOULDERS + TRICEPS

Exercise	Sets / Time	Reps / Duration
Bench Press	3 Sets	8–12 Reps
Incline Dumbbell Press	3 Sets	8–12 Reps
Shoulder Press	3 Sets	8–12 Reps
Lateral Raise	3 Sets	12–15 Reps
Triceps Pushdown	3 Sets	10–15 Reps

TUESDAY — BACK + BICEPS

Exercise	Sets / Time	Reps / Duration
Lat Pulldown	3 Sets	8–12 Reps
Seated Cable Row	3 Sets	8–12 Reps
Chest-Supported Row	3 Sets	8–12 Reps
Dumbbell Curl	3 Sets	10–12 Reps
Hammer Curl	3 Sets	10–12 Reps

WEDNESDAY — CARDIO + RECOVERY

Exercise	Sets / Time	Reps / Duration
Walking	30 Minutes	
Light Stretching	10 Minutes	

THURSDAY — LEGS + ABS

Exercise	Sets / Time	Reps / Duration
Squat / Leg Press	3 Sets	8–12 Reps
Romanian Deadlift	3 Sets	8–12 Reps
Leg Extension	3 Sets	10–15 Reps
Leg Curl	3 Sets	10–15 Reps
Calf Raise	3 Sets	12–20 Reps
Plank	3 Sets	30–60 Seconds

FRIDAY — REST DAY

Exercise	Sets / Time	Reps / Duration
No heavy workout		
Light walking	Optional	
Recovery	Allow body to recover	

SATURDAY — FULL BODY

Exercise	Sets / Time	Reps / Duration
Leg Press	3 Sets	10–12 Reps
Dumbbell Bench Press	3 Sets	8–12 Reps
Lat Pulldown	3 Sets	8–12 Reps
Dumbbell Romanian Deadlift	3 Sets	10–12 Reps
Shoulder Press	2 Sets	10–12 Reps
Lateral Raise	2 Sets	12–15 Reps
Cardio	10–15 Minutes	

SUNDAY — ACTIVE RECOVERY

Exercise	Sets / Time	Reps / Duration
Walking	30–45 Minutes	
Stretching	5–10 Minutes	
Recovery	Easy pace	

IMPORTANT RULES

1. Workout se pehle 5–10 minutes warm-up karo.
2. Pehle exercise ki form sahi karo, phir weight badhao.
3. Bahut heavy weight uthane ki zarurat nahi.
4. Exercise ke beech 1–2 minutes rest lo.
5. Sharp pain ho toh exercise immediately stop karo.
6. Har week thoda better karne ki koshish karo.
7. Workout miss ho jaye toh next day normal routine par wapas aao.
8. Workout ko punishment mat banao. Consistency sabse important hai.

40-DAY ROUTINE

Monday → Tuesday → Wednesday → Thursday → Friday → Saturday → Sunday

Is routine ko 40 din tak repeat karo.