<table>
<thead>
<tr>
<th>Day</th>
<th>Workouts</th>
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| Monday: Chest | • 30 muscle ups,  
  • 100 standard push ups,  
  • 4 sets/10 reps incline dumbbell press,  
  • 4 sets/10 reps flat dumbbell press,  
  • 5 sets/20 reps dips,  
  • 200 standard push ups,  
  • 50 decline push ups,  
  • 50 narrow push ups,  
  • 50 raised push ups,  
  • 15 minutes HIIT cardio,  
  • Continuous 15 crunches - 15 side crunches (both sides)  
  • 15 leg raises - 3 sets |
| Tuesday: Back | • 30 muscle ups,  
  • 100 overhand pullups,  
  • 4 sets/10 reps single arm dumbbell roll,  
  • 4 sets/10 reps pullovers,  
  • 50 under hand pull ups,  
  • 50 over hand pullups,  
  • 10 muscle ups,  
  • 15 minutes HIIT cardio,  
  • Continuous 15 crunches - 15 side crunches (both sides)  
  • 15 leg raises - 3 sets |
| Wednesday: Shoulders/Abs | • 100 push ups,  
  • 4 sets/10 reps standing dumbbell presses,  
  • 4 sets/10 reps lateral dumbbell raises,  
  • 4 sets/10 reps bent down dumbbell lateral raises,  
  • 100 crunches,  
  • 50 crossovers,  
  • 50 high intensity crunches,  
  • 2 minute flutter kicks (3 sets),  
  • 60 second crunch holds (3 times),  
  • Continuous 15 crunches - 15 side crunches (both sides),  
  • 15 leg raises - 3 sets,  
  • Handstands till failure,  
  • 15 minutes HIIT cardio, |
| Thursday: Biceps/Triceps | • 30 muscle ups,  
  • 50 underhand pull ups,  
  • 4 sets/10 reps preacher curl,  
  • 4 sets/10 reps hammer curls,  
  • 4 sets/10 reps reverse grip preacher curl,  
  • 100 dips,  
  • 100 push-ups,  
  • 4 sets/10 reps overhead triceps extension,  
  • 4 sets/10 reps reverse grip triceps pull down  
  • 20 slow pull ups,  
  • 20 slow dips,  
  • 15 minutes HIIT cardio, |
| Friday: Legs | • 4 sets/10 reps barbell squats,  
  • 4 sets of 20 yard lunges,  
  • 100 body weight squats,  
  • 4 set/10 reps pistol squats,  
  • 4 sets/10 reps stiff legged deadlifts,  
  • 4 sets/ 10 reps standing calve raises,  
  • 4 sets /10 reps seated calve raises,  
  • 100 body weight standing calve raises,  
  • 15 minutes HIIT cardio. |
| Saturday: Overall body weight training | • 100 crunches,  
  • 8 100meter sprints,  
  • 100 pull ups,  
  • 200 pushups,  
  • 100 dips,  
  • 30 muscle ups,  
  • 50 crossovers,  
  • 50 high intensity crunches,  
  • 2 minute flutter kicks (3 sets),  
  • 60 second crunch holds (3 times), |
| Day 7 (REST) |                                                                 |