

Total Body Transformation: 5-Week Weight Training Program for Building Strength and Muscle

Day 1: Chest and Triceps

Exercise	Sets	Reps
Bench Press	3	8-10
Incline Dumbbell Press	3	10-12
Cable Flyes	3	12-15
Tricep Pushdowns	3	12-15
Overhead Dumbbell Extension	3	10-12

Day 2: Back and Biceps

Exercise	Sets	Reps
Deadlifts	3	8-10
Pull-ups	3	8-10
Bent-Over Barbell Rows	3	10-12
Seated Cable Rows	3	12-15
Barbell Curls	3	10-12

Day 3: Shoulders and Abs

Exercise	Sets	Reps
Seated Dumbbell Press	3	8-10
Lateral Raises	3	10-12
Front Raises	3	10-12
Reverse Flyes	3	12-15
Planks	3	60 seconds

Day 4: Legs

Exercise	Sets	Reps
Squats	3	8-10
Leg Press	3	10-12
Lunges	3	10-12
Leg Curls	3	12-15
Calf Raises	3	12-15

Day 5: Arms and Abs

Exercise	Sets	Reps
Close-Grip Bench Press	3	8-10
Skull Crushers	3	10-12
Preacher Curls	3	10-12
Hammer Curls	3	10-12
Hanging Leg Raises	3	15-20

Detailed explanation for each exercises:

Day 1: Chest and Triceps

1. **Bench Press:** This exercise primarily targets the chest muscles, but also works the triceps and shoulders. To perform this exercise, lie on a bench with your feet flat on the ground and grip the barbell with your hands slightly wider than shoulder-width apart. Lower the bar down to your chest and press it back up, keeping your elbows tucked in close to your body.
2. **Incline Dumbbell Press:** This exercise targets the upper portion of the chest muscles, as well as the triceps and shoulders. To perform this exercise, lie on an incline bench with a dumbbell in each hand. Lower the dumbbells down to your chest and press them back up, keeping your elbows slightly tucked in.
3. **Cable Flies:** This exercise targets the chest muscles and helps to increase the range of motion in the shoulder joint. To perform this exercise, stand between two cable pulleys with the handles at shoulder height. Step forward and cross one foot in front of the other, then extend your arms out to the sides until they are parallel to the floor. Bring your arms back together in front of your chest, keeping a slight bend in your elbows.
4. **Tricep Pushdowns:** This exercise targets the tricep muscles. To perform this exercise, stand facing a cable machine with the handle attached to the high pulley. Grip the handle with an overhand grip and pull it down towards your thighs, keeping your elbows close to your body. Extend your arms back up to the starting position.
5. **Overhead Dumbbell Extension:** This exercise targets the tricep muscles. To perform this exercise, sit on a bench with a dumbbell in one hand. Raise the dumbbell over your head, keeping your elbow close to your ear. Lower the dumbbell behind your head, bending your elbow, then extend your arm back up to the starting position.

Day 2: Back and Biceps

1. **Deadlifts:** This exercise targets the back muscles, as well as the glutes and hamstrings. To perform this exercise, stand with your feet shoulder-width apart and grip the barbell with your hands slightly wider than shoulder-width apart. Keep your back straight and lift the bar up off the ground, using your legs and back muscles.
2. **Pull-ups:** This exercise targets the back muscles, specifically the lats. To perform this exercise, grip a pull-up bar with an overhand grip and hang from the bar with your arms fully extended. Pull your body up towards the bar, keeping your elbows close to your body, then lower yourself back down to the starting position.
3. **Bent-Over Barbell Rows:** This exercise targets the back muscles, specifically the upper and middle portions of the back. To perform this exercise, stand with your feet shoulder-width apart and grip the barbell with your hands slightly wider than shoulder-width apart. Bend forward at the waist, keeping your back straight, and lift the bar up towards your chest, squeezing your shoulder blades together.
4. **Seated Cable Rows:** This exercise targets the back muscles, specifically the middle and lower portions of the back. To perform this exercise, sit on a cable row machine with your feet against the platform and your knees slightly bent. Grip the handles with both hands and pull them towards your chest, squeezing your shoulder blades together.
5. **Barbell Curls:** This exercise targets the biceps muscles. To perform this exercise, stand with your feet shoulder-width apart and grip the barbell with your hands slightly wider than shoulder-width apart. Curl the bar up towards your chest, keeping your elbows close to your body, then lower it back

Day 3: Legs and Abs

1. Squats: This exercise targets the leg muscles, specifically the quads, glutes, and hamstrings. To perform this exercise, stand with your feet shoulder-width apart and grip the barbell with your hands slightly wider than shoulder-width apart. Lower yourself down into a squat position, keeping your back straight, then stand back up.
2. Leg Press: This exercise targets the leg muscles, specifically the quads, glutes, and hamstrings. To perform this exercise, sit on a leg press machine with your feet on the platform. Press the platform away from you, extending your legs, then lower it back down to the starting position.
3. Lunges: This exercise targets the leg muscles, specifically the quads, glutes, and hamstrings. To perform this exercise, stand with your feet hip-width apart and step one foot forward. Lower your body down until your back knee is almost touching the ground, then stand back up and switch legs.
4. Calf Raises: This exercise targets the calf muscles. To perform this exercise, stand on a raised surface, such as a step or weight plate, with your heels hanging off the edge. Rise up onto your toes, then lower your heels back down.
5. Planks: This exercise targets the core muscles, specifically the abs and lower back. To perform this exercise, get into a push-up position, but instead of lowering yourself down, hold yourself up in a straight line from your head to your heels. Keep your abs and glutes engaged and hold for a set amount of time.

Day 4: Shoulders and Abs

1. **Military Press:** This exercise targets the shoulder muscles, specifically the deltoids. To perform this exercise, stand with your feet shoulder-width apart and grip the barbell with your hands slightly wider than shoulder-width apart. Raise the bar up over your head, then lower it back down to your shoulders.
2. **Dumbbell Shoulder Press:** This exercise targets the shoulder muscles, specifically the deltoids. To perform this exercise, sit on a bench with a dumbbell in each hand. Raise the dumbbells up to your shoulders, then press them up overhead, extending your arms fully.
3. **Lateral Raises:** This exercise targets the shoulder muscles, specifically the lateral deltoids. To perform this exercise, stand with your feet shoulder-width apart and hold a dumbbell in each hand. Raise your arms out to the sides, keeping a slight bend in your elbows, until they are parallel to the ground, then lower them back down.
4. **Front Raises:** This exercise targets the shoulder muscles, specifically the anterior deltoids. To perform this exercise, stand with your feet shoulder-width apart and hold a dumbbell in each hand. Raise your arms up in front of you, keeping a slight bend in your elbows, until they are parallel to the ground, then lower them back down.
5. **Russian Twists:** This exercise targets the core muscles, specifically the obliques. To perform this exercise, sit on the ground with your knees bent and your feet flat on the ground. Hold a weight or medicine ball in your hands and twist your torso to one side, touching the weight to the ground, then twist to the other side.

Day 5: Back and Biceps

1. Pull-ups: This exercise was explained on Day 2.
2. Barbell Rows: This exercise was explained on Day 2.
3. Lat Pulldowns: This exercise targets the back muscles, specifically the lats. To perform this exercise, sit on a lat pulldown machine with your knees under the pads and your feet flat on the ground. Grip the bar with an overhand grip and pull it down towards