



**DEPARTMENT OF PHYSICAL EDUCATION  
NATIONAL INSTITUTE OF TECHNOLOGY ANDHRA PRADESH**

**BEGINNER TRAINING SCHEDULE**

**BODY PART SPLIT TRAINING PROGRAMME CHART  
(Starting One Month)**

<b>DAY-1</b>		<b>ALL BIG MUSCLES GROUP</b>		
<b>Muscles Group</b>	<b>Exercise</b>	<b>Sets</b>	<b>Repetition</b>	<b>Rest</b>
<b>Back</b>	Chin-up/pull-up	2 to 3	8 to 10 Rep.	30 Sec. to 60 Sec.
<b>Back</b>	High-Pully	2 to 3	8 to 10 Rep.	
<b>Biceps</b>	Biceps Curls	2 to 3	8 to 10 Rep.	
<b>Biceps</b>	Alternating Dumbbell	2 to 3	8 to 10 Rep.	
<b>Shoulders</b>	Seated Military Press	2 to 3	8 to 10 Rep.	
<b>Shoulders</b>	Lateral Raises	2 to 3	8 to 10 Rep.	
<b>Triceps</b>	Reverse Dumbbell Fly	2 to 3	8 to 10 Rep.	
<b>Triceps</b>	Beach Dips	2 to 3	8 to 10 Rep.	
<b>Chest</b>	Dips	2 to 3	8 to 10 Rep.	
<b>Chest</b>	Inclined Fly's	2 to 3	8 to 10 Rep.	
<b>Legs</b>	Front Squats	2 to 3	8 to 10 Rep.	
<b>Legs</b>	Dead-Lift	2 to 3	8 to 10 Rep.	

## MEDIOCRE TRAINING SCHEDULE

<b>BODY PART SPLIT TRAINING PROGRAMME CHART (After One Month to Six Months)</b>				
<b>DAY-1</b>	<b>TRICEPS,BICEPS AND SHOULDER</b>			
<b>Muscles Group</b>	<b>Exercise</b>	<b>Sets</b>	<b>Repetition</b>	<b>Rest</b>
<b>Triceps</b>	Cable Press	2 to 3	8 to 10 Rep.	30 Sec. to 60 Sec.
<b>Triceps</b>	Reverse Dumbbell Fly	2 to 3	8 to 10 Rep.	
<b>Triceps</b>	Beach Dips	2 to 3	8 to 10 Rep.	
<b>Biceps</b>	Biceps Curls	2 to 3	8 to 10 Rep.	
<b>Biceps</b>	Alternating Dumbbell	2 to 3	8 to 10 Rep.	
<b>Biceps</b>	Seated Dumbbell	2 to 3	8 to 10 Rep.	
<b>Shoulders</b>	Seated Military Press	2 to 3	8 to 10 Rep.	
<b>Shoulders</b>	Lateral Raises	2 to 3	8 to 10 Rep.	
<b>Shoulders</b>	Front Rowing	2 to 3	8 to 10 Rep.	

<b>DAY-2</b>	<b>BACK ,CHEST AND LEGS</b>			
<b>Muscles Group</b>	<b>Exercise</b>	<b>Sets</b>	<b>Repetition</b>	<b>Rest</b>
<b>Back</b>	Chin-up/pull-up	2 to 3	8 to 10 Rep.	30 Sec. to 60 Sec.
<b>Back</b>	High-Pully	2 to 3	8 to 10 Rep.	
<b>Back</b>	Low-Pully	2 to 3	8 to 10 Rep.	
<b>Chest</b>	Dips	2 to 3	8 to 10 Rep.	
<b>Chest</b>	Flat Bench Press	2 to 3	8 to 10 Rep.	
<b>Chest</b>	Incline Bench Press	2 to 3	8 to 10 Rep.	
<b>Legs</b>	Half Squat with Barbell	2 to 3	8 to 10 Rep.	
<b>Legs</b>	Front Squats	2 to 3	8 to 10 Rep.	
<b>Legs</b>	Dead-Lift	2 to 3	8 to 10 Rep.	

## ADVANCE TRAINING SCHEDULE

### BODY PART SPLIT TRAINING PROGRAMME CHART (After Six Month)

DAY-1	BACK,BICEPS AND FORE-ARMS			
Muscles Group	Exercise	Sets	Repetition	Rest
Back	High Pully	3 to 4	10 to 12 Rep.	30 Sec. to 60 Sec.
Back	Low-Pully	3 to 4	10 to 12 Rep.	
Back	T-Bar Row	3 to 4	10 to 12 Rep.	
Back	Dumbbell Rowing	3 to 4	10 to 12 Rep.	
Biceps	Biceps Curls	3 to 4	10 to 12 Rep.	
Biceps	Alternating Dumbbell	3 to 4	10 to 12 Rep.	
Biceps	E-Z Bar Curls	3 to 4	10 to 12 Rep.	
Biceps	Seated Dumbbell	3 to 4	10 to 12 Rep.	
Biceps	Hammer Dumbbell	3 to 4	10 to 12 Rep.	
Fore-Arms	Fore-Arms Curls	3 to 4	10 to 12 Rep.	

DAY-2	CHEST,LEGS AND ABS			
Muscles Group	Exercise	Sets	Repetition	Rest
Chest	Dips	3 to 4	10 to 12 Rep.	30 Sec. to 60 Sec.
Chest	Flat Bench Press	3 to 4	10 to 12 Rep.	
Chest	Flat Dumbbell Press	3 to 4	10 to 12 Rep.	
Chest	Incline Bench Press	3 to 4	10 to 12 Rep.	
Chest	Chest Press	3 to 4	10 to 12 Rep.	
Legs	Squat with Bodyweight	3 to 4	10 to 12 Rep.	
Legs	Half Squat with Barbell	3 to 4	10 to 12 Rep.	
Legs	Leg-Extension/Leg Press	3 to 4	10 to 12 Rep.	
Legs	Dead-Lift	3 to 4	10 to 12 Rep.	
Abs	Sit-Ups	3 to 4	10 to 12 Rep.	
Abs	Plank	3 to 4	10 to 12 Rep.	
Abs	Mountain-Climbers	3 to 4	10 to 12 Rep.	

<b>DAY-3</b>	<b>SHOULDER AND TRICEPS</b>			
<b>Muscles Group</b>	<b>Exercise</b>	<b>Sets</b>	<b>Repetition</b>	<b>Rest</b>
<b>Shoulders</b>	Seated Military Press F/B	3 to 4	10 to 12 Rep.	30 Sec. to 60 Sec.
<b>Shoulders</b>	Dumbbell Shoulder Press	3 to 4	10 to 12 Rep.	
<b>Shoulders</b>	Lateral Raises	3 to 4	10 to 12 Rep.	
<b>Shoulders</b>	Barbell Shrugs	3 to 4	10 to 12 Rep.	
<b>Triceps</b>	Push-Ups	3 to 4	10 to 12 Rep.	
<b>Triceps</b>	Cable Press	3 to 4	10 to 12 Rep.	
<b>Triceps</b>	Reverse Barbell Curls	3 to 4	10 to 12 Rep.	
<b>Triceps</b>	Beach Dips	3 to 4	10 to 12 Rep.	
<b>Triceps</b>	Cable Press Down	3 to 4	10 to 12 Rep.	