

# FST-7 Workout Planner

Start your work week right with this task scheduler and tracker.

## Weekly Overview

DAY-1	Day-2	DAY-3	DAY-4	DAY-5
<b>Chest and Biceps</b> <ul style="list-style-type: none"><li>• 3 sets of incline dumbbell press, 8-12 reps</li><li>• 3 sets of flat bench press, 8-12 reps</li><li>• 3 sets of chest flyes, 8-12 reps</li><li>• 7 sets of cable crossovers, 8-12 reps (FST-7)</li><li>• 3 sets of barbell curls, 8-12 reps</li><li>• 3 sets of hammer curls, 8-12 reps</li></ul>	<b>Back and Triceps</b> <ul style="list-style-type: none"><li>• 3 sets of wide-grip pull-ups, 8-12 reps</li><li>• 3 sets of bent-over rows, 8-12 reps</li><li>• 3 sets of deadlifts, 8-12 reps</li><li>• 7 sets of straight-arm pulldowns, 8-12 reps (FST-7)</li><li>• 3 sets of tricep dips, 8-12 reps</li><li>• 3 sets of tricep pushdowns, 8-12 reps</li></ul>	<b>Rest</b>	<b>Shoulders and Abs</b> <ul style="list-style-type: none"><li>• 3 sets of military press, 8-12 reps</li><li>• 3 sets of lateral raises, 8-12 reps</li><li>• 3 sets of front raises, 8-12 reps</li><li>• 7 sets of reverse pec deck flyes, 8-12 reps (FST-7)</li><li>• 3 sets of hanging leg raises, 8-12 reps</li><li>• 3 sets of Russian twists, 8-12 reps</li></ul>	<b>Legs</b> <ul style="list-style-type: none"><li>• 3 sets of squats, 8-12 reps</li><li>• 3 sets of lunges, 8-12 reps per leg</li><li>• 3 sets of leg presses, 8-12 reps</li><li>• 7 sets of leg extensions, 8-12 reps (FST-7)</li><li>• 3 sets of calf raises, 8-12 reps</li><li>• 3 sets of seated calf raises, 8-12 reps</li></ul>

**Note: DAY 6 and DAY 7 ARE REST DAYS**