

GOGETFIT

— THE RIGHT WAY —

MY WORKOUT PLAN

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Workout Type: Intermediate Gym Workout (Men)

Workout Equipment: Gym Equipment

Workout Plan: 6 Days Workout Plan

Let's Begin This & GOGETFIT

Disclaimer - This video has not been made by a doctor or medical professional. This content is not a medical advice or a personalized treatment plan and is intended for general education and demonstration purpose only. Perform the moves in the content at your own risk.

DAY 1: PUSH + CORE

WARMUP

1. Wind Mill



YouTube Link: <https://youtu.be/FHsOLS2sG4o>

Number of Sets	Number of Repetition / Duration
3	15 to 20

2. Jumping Jacks



YouTube Link: <https://youtu.be/CukgMWv-Zco>

Number of Sets	Number of Repetition / Duration
3	15 to 20

3. Jump Squats



YouTube Link: https://youtu.be/Vn_WrXv3QGQ

Number of Sets	Number of Repetition / Duration
3	10 to 20

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WARMUP

4. Push Ups



YouTube Link: <https://youtu.be/RNxeGczLTN4>

Number of Sets	Number of Repetition / Duration
3	10 to 20

WEIGHT TRAINING (CHEST + SHOULDER + TRICEPS)

1. Incline Bench Dumbbell Chest Press



YouTube Link: <https://youtu.be/sPid7HzxWMc>

Number of Sets	Number of Repetition / Duration
4	6 to 8

2. Flat Bench Plate Pinch Press



YouTube Link: <https://youtu.be/4vYJ0cuCz2o>

Number of Sets	Number of Repetition / Duration
4	12 to 15

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (CHEST + SHOULDER + TRICEPS)

3. Hight to Low Cable Chest Fly



YouTube Link: <https://youtu.be/-5JITcwHk3w>

Number of Sets	Number of Repetition / Duration
4	8 to 12

4. Seated Dumbbell Shoulder Press



YouTube Link: <https://youtu.be/M9atde4MK0s>

Number of Sets	Number of Repetition / Duration
4	8 to 12

5. Seated Lateral Raises



YouTube Link: <https://youtu.be/JGke-uuTdyI>

Number of Sets	Number of Repetition / Duration
4	12 to 15

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (CHEST + SHOULDER + TRICEPS)

6. Front Plate Raises



YouTube Link: <https://youtu.be/YjPshQYoOpY>

Number of Sets	Number of Repetition / Duration
4	12 to 15

7. Triceps Push Down (Straight Bar)



YouTube Link: <https://youtu.be/H-PruzmBZuk>

Number of Sets	Number of Repetition / Duration
4	12 to 15

8. Triceps Rope Push Down



YouTube Link: <https://youtu.be/FZF4z4-zDgo>

Number of Sets	Number of Repetition / Duration
4	12 to 15

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (CHEST + SHOULDER + TRICEPS)

9. Triceps Dumbbell Kickbacks



YouTube Link: <https://youtu.be/mHwsXlfdHbU>

Number of Sets	Number of Repetition / Duration
4	12 to 15

CORE TRAINING

1. Weighted Crunches Using Plates



YouTube Link: <https://youtu.be/c8y8Tvwky70>

Number of Sets	Number of Repetition / Duration
3	10 TO 20

2. Floor Leg Raises



YouTube Link: <https://youtu.be/Ga-aM7tM86c>

Number of Sets	Number of Repetition / Duration
3	10 TO 20

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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CORE TRAINING

3. Russian Twist



YouTube Link: <https://youtu.be/oxpnr4QpbOU>

Number of Sets	Number of Repetition / Duration
3	10 to 20

4. Plank



YouTube Link: <https://youtu.be/O7F82DXJiD0>

Number of Sets	Number of Repetition / Duration
3	30 Seconds

5. Super man



YouTube Link: https://youtu.be/GnC1_B2WMDU

Number of Sets	Number of Repetition / Duration
3	10 to 20

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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CORE TRAINING

6. Elevated Glute Bridge



YouTube Link: <https://youtu.be/864I YSVCCE>

Number of Sets	Number of Repetition / Duration
3	10 to 20

COOL DOWN / STRETCHING

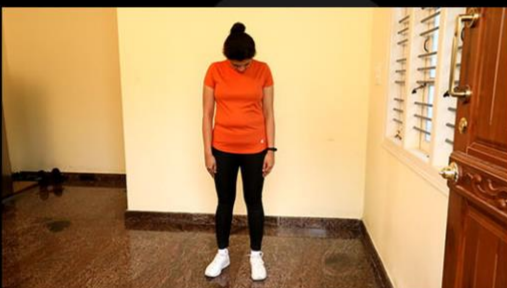
1. Neck Flexion (Forward bending)



YouTube Link: <https://youtu.be/2rD62uNWvkc>

Number of Sets	Number of Repetition / Duration
1	15 seconds

2. Neck Rotation (Clockwise and Anticlock wise)



YouTube Link: <https://youtu.be/aAtm9wIM2GU>

Number of Sets	Number of Repetition / Duration
1	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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COOL DOWN / STRETCHING

3. Supine Spinal Twist



YouTube Link: <https://youtu.be/CeTH9kKIEQo>

Number of Sets	Number of Repetition / Duration
1	15 seconds

4. Wall support torso stretch



YouTube Link: https://youtu.be/sJa15Tz_0hE

Number of Sets	Number of Repetition / Duration
1	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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DAY 2: PULL + CARDIO

WARMUP

1. Wind Mill



YouTube Link: <https://youtu.be/FHsOLS2sG4o>

Number of Sets	Number of Repetition / Duration
3	15 to 20

2. Jumping Jacks



YouTube Link: <https://youtu.be/CukgMWv-Zco>

Number of Sets	Number of Repetition / Duration
3	15 to 20

3. Jump Squats



YouTube Link: https://youtu.be/Vn_WrXv3QGQ

Number of Sets	Number of Repetition / Duration
3	10 to 20

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (BACK + BICEPS)

1. Barbell Bent Over Rows (Pronator Grip)



YouTube Link: https://youtu.be/Of_glvYoGus

Number of Sets	Number of Repetition / Duration
4	8 to 12

2. Lat Pull Down (Supinated/Reverse Grip)



YouTube Link: <https://youtu.be/xaTWYRGVnE8>

Number of Sets	Number of Repetition / Duration
4	8 to 12

3. Seated Cable Rows (V-grip)



YouTube Link: <https://youtu.be/uSDoWhvpC1c>

Number of Sets	Number of Repetition / Duration
4	8 to 12

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (BACK + BICEPS)

4. Seated bent over lateral raises



YouTube Link: https://youtu.be/h77k_Ei_mwA

Number of Sets	Number of Repetition / Duration
4	12 to 15

5. Dumbbell Shoulder Shrugs



YouTube Link: <https://youtu.be/jJhwOrTipnc>

Number of Sets	Number of Repetition / Duration
4	12 to 20

6. Close Grip Cable Curl (Straight Bar)



YouTube Link: <https://youtu.be/wJgpxinj7cE>

Number of Sets	Number of Repetition / Duration
4	8 to 12

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (BACK + BICEPS)

7. Seated Dumbbell Biceps Curl



YouTube Link: <https://youtu.be/cv4sijhPOZc>

Number of Sets	Number of Repetition / Duration
4	8 to 12

8. EZ Bar Preacher Curls



YouTube Link: <https://youtu.be/QauWXRpHy84>

Number of Sets	Number of Repetition / Duration
4	8 to 12

9. Standing Dumbbell Hammer Curls



YouTube Link: <https://youtu.be/GvYyjl16pCl>

Number of Sets	Number of Repetition / Duration
4	12 to 15

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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CARDIO

1. Treadmill (Run + Walk) or Cycling or Cross Trainer

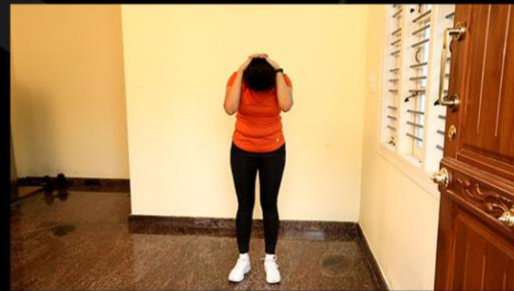


YouTube Link:

Number of Sets	Number of Repetition / Duration
	20-30 Minutes

COOL DOWN / STRETCHING

1. Neck Flexion (Forward bending)



YouTube Link: <https://youtu.be/2rD62uNWvkc>

Number of Sets	Number of Repetition / Duration
1	15 seconds

2. Neck Rotation (Clockwise and Anticlock wise)



YouTube Link: <https://youtu.be/aAtm9wIM2GU>

Number of Sets	Number of Repetition / Duration
1	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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COOL DOWN / STRETCHING

3. Supine Spinal Twist



YouTube Link: <https://youtu.be/CeTH9kKiEQo>

Number of Sets	Number of Repetition / Duration
1	15 seconds

4. Wall support torso stretch



YouTube Link: https://youtu.be/sJa15Tz_0hE

Number of Sets	Number of Repetition / Duration
1	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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DAY 3: LEGS + CORE

WARMUP

1. Wind Mill



YouTube Link: <https://youtu.be/FHsOLS2sG4o>

Number of Sets	Number of Repetition / Duration
3	15 to 20

2. Jumping Jacks



YouTube Link: <https://youtu.be/CukgMWv-Zco>

Number of Sets	Number of Repetition / Duration
3	15 to 20

3. Jump Squats



YouTube Link: https://youtu.be/Vn_WrXv3QGGQ

Number of Sets	Number of Repetition / Duration
3	10 to 20

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WARMUP

4. Bodyweight/Free Squats



YouTube Link: <https://youtu.be/p7BT7bHG1k8>

Number of Sets	Number of Repetition / Duration
3	10 to 20

WEIGHT TRAINING (LEGS)

1. Dumbbell Sumo Squat



YouTube Link: <https://youtu.be/WJdkF5Yr5vI>

Number of Sets	Number of Repetition / Duration
4	8 to 12

2. Smith Machine Squats



YouTube Link: <https://youtu.be/jdXqD-G9BhE>

Number of Sets	Number of Repetition / Duration
4	8 to 12

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (LEGS)

3. Dumbbell Lunges



YouTube Link: <https://youtu.be/0-uD4adeMzE>

Number of Sets	Number of Repetition / Duration
4	8 to 12

4. Leg Press



YouTube Link: <https://youtu.be/UpeWTo82GDE>

Number of Sets	Number of Repetition / Duration
4	8 to 12

5. Leg Extension



YouTube Link: <https://youtu.be/RInpMVT9S-I>

Number of Sets	Number of Repetition / Duration
4	12 to 15

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (LEGS)

6. Lying Leg Curls



YouTube Link: <https://youtu.be/DqJstzoFXvQ>

Number of Sets	Number of Repetition / Duration
4	12 to 15

7. Standing Calf Raise



YouTube Link: <https://youtu.be/ERNSQOHTuSQ>

Number of Sets	Number of Repetition / Duration
4	15 to 20

CORE TRAINING

1. Weighted Crunches Using Plates



YouTube Link: <https://youtu.be/c8y8Tvwky70>

Number of Sets	Number of Repetition / Duration
3	10 to 20

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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CORE TRAINING

2. Floor Leg Raises



YouTube Link: <https://youtu.be/Ga-aM7tM86c>

Number of Sets	Number of Repetition / Duration
3	10 to 12

3. Russian Twist



YouTube Link: <https://youtu.be/oxpnr4QpbOU>

Number of Sets	Number of Repetition / Duration
3	10 to 12

4. Plank



YouTube Link: <https://youtu.be/O7F82DXJiD0>

Number of Sets	Number of Repetition / Duration
3	30 Seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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CORE TRAINING

5. Super man



YouTube Link: https://youtu.be/GnC1_B2WMDU

Number of Sets	Number of Repetition / Duration
3	10 to 20

6. Elevated Glute Bridge



YouTube Link: https://youtu.be/864I_YVCCE

Number of Sets	Number of Repetition / Duration
3	150 to 20

COOL DOWN / STRETCHING

1. Neck Flexion (Forward bending)



YouTube Link: <https://youtu.be/2rD62uNWvkc>

Number of Sets	Number of Repetition / Duration
1	15 Seconds

Number of Sets - It is a consecutive number of repetition without stopping. GOGETFIT App Available on playstore/App Store

Repetitions - It is one complete motion of exercise

COOL DOWN / STRETCHING

2. Neck Rotation (Clockwise and Anticlock wise)



YouTube Link: <https://youtu.be/aAtm9wIM2GU>

Number of Sets	Number of Repetition / Duration
1	15 seconds

3. Supine Spinal Twist



YouTube Link: <https://youtu.be/CeTH9kKiEQo>

Number of Sets	Number of Repetition / Duration
1	15 seconds

4. Wall support torso stretch



YouTube Link: https://youtu.be/sJa15Tz_0hE

Number of Sets	Number of Repetition / Duration
1	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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DAY 4: PUSH + ABS

REPEAT DAY 1

DAY 5: PULL+ CARDIO

REPEAT DAY 2

DAY 6: LEGS + ABS

REPEAT DAY 3

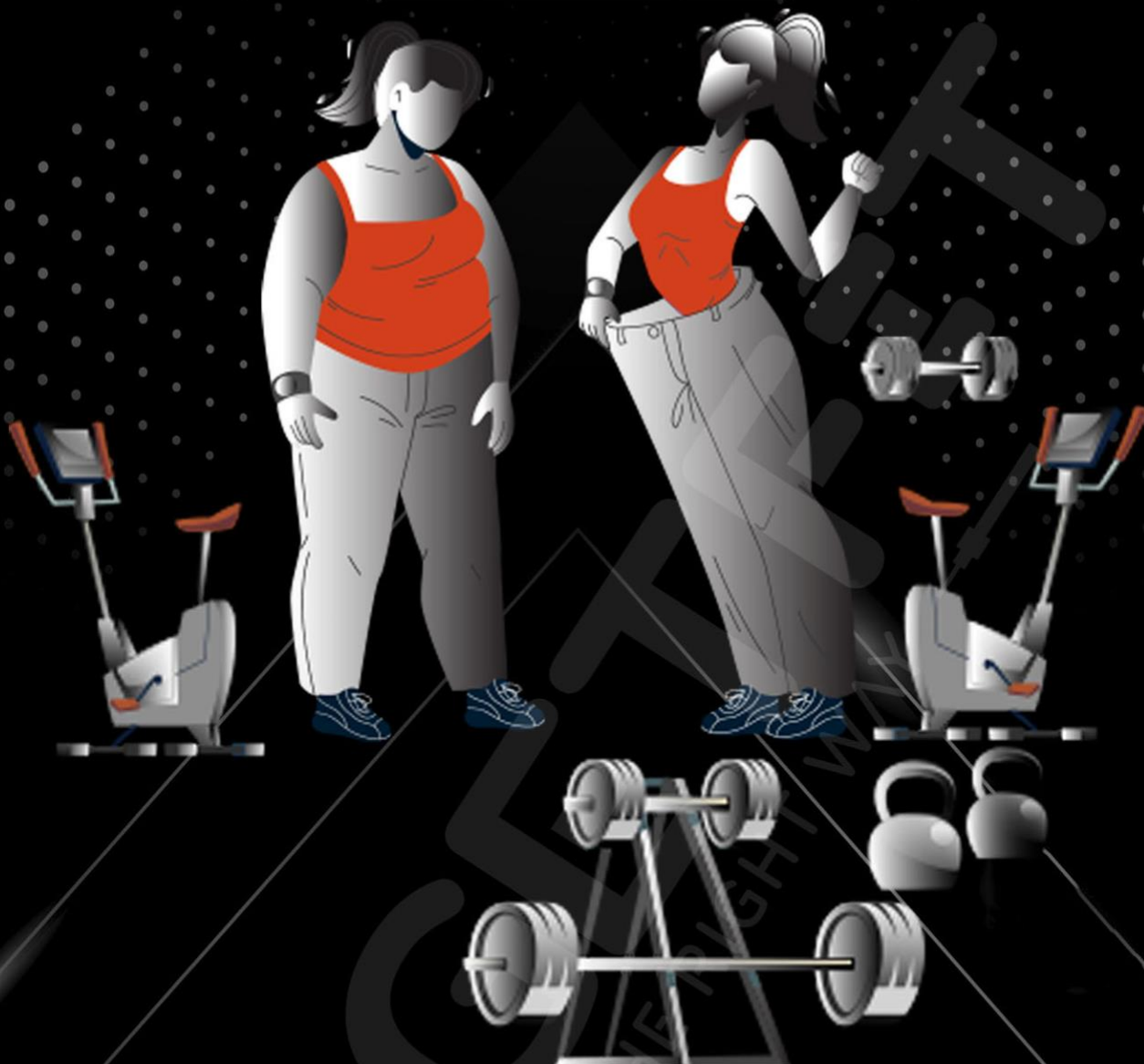
Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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DAY 7: REST DAY



Don't make it a lazy day. Go hit those 10k steps.

Got queries regarding your workout plan/your form?
Click below to post your queries on our official community
and get it cleared form GOGETFIT experts



Group

<https://www.facebook.com/groups/759591404539390/>

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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