

8 WEEKS
STUDENT
TRANSFORMATION
PLAN

WORKOUT PLAN

by

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STP

WORKOUT PLAN

Days	Exercises
Monday	Full Body Workout 1
Tuesday	Abs, Forearms & Calves
Wednesday	Full Body Workout 2
Thursday	Active Rest Day (Watch Video)
Friday	Full Body Workout 3
Saturday	Abs, Forearms & Calves
Sunday	Active Rest Day (Watch Video)



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FIRST 4 WEEKS

Note: For best results kindly get print outs of all the workouts and note down the weights for every set in the “weight” column. This will help you to track progress and get stronger in the gym. Every week try to do more reps with the same weight from last week or increase the amount of weight for the same number of reps as you performed last week. This is known as Progressive Overload.



MONDAY

Full Body Workout 1

Exercises	Weight	Sets	Reps	Rest Interval
WARM UP (10- 15 minutes)				
A. Back Squats on Smith Machine Or Leg Press		3	12	2 minutes
B. Dumbbell Bench Press Or Barbell Bench Press		3	12	90 seconds
C. Reverse Grip Pulldown		3	15	60 seconds
D. Dumbbell Lateral Raise		3	15	60 seconds
E. Preacher Dumbbell Curl Or Barbell Curls		3	15	60 seconds
F. Face Pulls		3	15	45 seconds
Stretching and Cooldown (5-10 Mins)				

Duration of Workout : 60-75 Mins (Including Warmup and Cooldown)



TUESDAY

Forearms/Calves/Abs

Exercises	Weight	Sets	Reps	Rest Interval
WARM UP (10-15 mins)				
A1. Dumbbell Wrist Curls		3	20	No rest
A2. Deadhangs		3	30-45 Sec	Take 1 minute rest after A2 and the repeat the circuit 2 more times
B. Standing Calf Raises		3	15	45 seconds
C1. Reverse Crunches		2	8-10	20 seconds
C2. Knee to Elbow Crunches		2	8-10	20 seconds
C3. Russian Twists		2	8-10	20 seconds
C4. Plank Holds		2	30-45 Seconds	Take 1 minute rest after C4 and the repeat the circuit 2 more times
Stretching and Cooldown (5-10 Mins)				

Duration of Workout : 45-60 Mins (Including Warmup and Cooldown)



WEDNESDAY

Full Body Workout 2

Exercises	Weight	Sets	Reps	Rest Interval
WARM UP (10-15 mins)				
A. Incline Dumbbell Press or Incline Barbell Press		3	12	2 minutes
B. Seated Dumbbell Shoulder Press		3	12	90 seconds
C. Seated Cable Rowing		3	15	60 seconds
D. Single Arm Overhead Dumbbell Triceps Extensions		3	15	60 seconds
E. Pec Dec Fly		3	15	60 seconds
F. Leg Curls		3	15	60 seconds
Stretching and Cooldown (5-10 Mins)				

Duration of Workout : 60-75 Mins (Including Warmup and Cooldown)



FRIDAY

Full Body Workout 3

Exercises	Weight	Sets	Reps	Rest Interval
WARM UP (10-15 mins)				
A. Bent Over Dumbbell Rows		2	12	2 minutes
B. Stiff Leg Dumbbell Deadlifts		2	12	90 seconds
C. Flat Dumbbell or Incline Barbell Press		2	15	60 seconds
D. Wide Grip Pulldown		2	15	60 seconds
E. Dumbbell Lateral Raise		2	15	60 seconds
F. High Pulley cable crossover		2	15	60 seconds
G. Leg Extensions		2	15	60 seconds
H. Rope Triceps Pushdowns		2	15	60 seconds
I. Seated Hammer Dumbbell Curls		2	15	60 seconds
Stretching and Cooldown (5-10 Mins)				

Duration of Workout : 75-90 Mins (Including Warmup and Cooldown)



SATURDAY

Forearms/Calves/Abs

Exercises	Weight	Sets	Reps	Rest Interval
WARM UP (10-15 mins)				
A1. Reverse Wrist Curls		3	20	No rest
A2. Deadhangs		3	30-45 Sec	Take 1 minute rest after A2 and the repeat the circuit 2 more times
B. Seated Calf Raises		3	15	45 seconds
C1. Reverse Crunches		2	8-10	20 seconds
C2. Knee to Elbow Crunches		2	8-10	20 seconds
C3. Russian Twists		2	8-10	20 seconds
C4. Plank Holds		2	30-45 Seconds	Take 1 minute rest after C4 and the repeat the circuit 2 more times
Stretching and Cooldown (5-10 Mins)				

Duration of Workout : 45-60 Mins (Including Warmup and Cooldown)



8 WEEKS
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WORKOUT PLAN

AFTER 4 WEEKS

Note: For best results kindly get print outs of all the workouts and note down the weights for every set in the “weight” column. This will help you to track progress and get stronger in the gym. Every week try to do more reps with the same weight from last week or increase the amount of weight for the same number of reps as you performed last week. This is known as Progressive Overload.



MONDAY

Full Body Workout 1

Exercises	Weight	Sets	Reps	Rest Interval
WARM UP (10-15 mins)				
A. Back Squats on Smith Machine Or Leg Press		3	10	90 seconds
B. Dumbbell Bench Press Or Barbell Bench Press		3	10	90 seconds
C. Reverse Grip Pulldown		3	12	60 seconds
D. Dumbbell Lateral Raise		3	12	60 seconds
E. Preacher Dumbbell Curl Or Barbell Curls		3	12	60 seconds
F. Bent Over Rope Triceps Extensions		3	12	45 seconds
G. Face Pulls		3	15	45 seconds
Stretching and Cooldown (5-10 Mins)				

Duration of Workout : 60-75 Mins (Including Warmup and Cooldown)



TUESDAY

Forearms/Calves/Abs (After 4 weeks)

Exercises	Weight	Sets	Reps	Rest Interval
WARM UP (10-15 mins)				
A1. Dumbbell Wrist Curls		3	20	No rest
A2. Plate Holds		3	30-45 Sec	No rest
A3. Deadhangs		3	30-45 Sec	Take 1 minute rest after A3 and the repeat the circuit 2 more times
B. Standing Calf Raises		4	15	45 seconds
C1. Reverse Crunches		3	12-15	20 seconds
C2. Knee to Elbow Crunches		3	12-15	20 seconds
C3. Russian Twists		3	12-15	20 seconds
C4. Plank Holds		3	30-45 Seconds	Take 1 minute rest after C4 and the repeat the circuit 2 more times
Stretching and Cooldown (5-10 Mins)				

Duration of Workout : 45-60 Mins (Including Warmup and Cooldown)



WEDNESDAY

Full Body Workout 2

Exercises	Weight	Sets	Reps	Rest Interval
WARM UP (10MINS.) 1. Some Stretching 2. Dynamic Warm-Up				
A. Incline Dumbbell Press or Incline Barbell Press		3	10	90 seconds
B. Seated Dumbbell Shoulder Press		3	10	60 seconds
C. Seated Cable Rowing		3	12	60 seconds
D. Single Arm Overhead Dumbbell Triceps Extensions		3	12	60 seconds
E. Standing Barbell Curls (with EZ Rod)		3	12	60 seconds
F. Pec Dec Fly		3	15	60 seconds
G. Leg Curls		3	15	60 seconds
Stretching and Cooldown (5-10 Mins)				

Duration of Workout : 60-75 Mins (Including Warmup and Cooldown)



FRIDAY

Full Body Workout 3

Exercises	Weight	Sets	Reps	Rest Interval
WARM UP (10-15 mins)				
A. Bent Over Dumbbell Rows		3	10	90 seconds
B. Stiff Leg Dumbbell Deadlifts		3	10	90 seconds
C. Flat Dumbbell or Incline Barbell Press		2	12	60 seconds
D. Wide Grip Pulldown		2	12	60 seconds
E. Dumbbell Lateral Raise		3	12	60 seconds
F. High Pulley cable crossover		2	15	60 seconds
G. Leg Extensions		2	15	60 seconds
H. Rope Triceps Pushdowns		3	12	60 seconds
I. Incline Hammer Dumbbell Curls		3	12	60 seconds
Stretching and Cooldown (5-10 Mins)				

Duration of Workout : 75-90 Mins (Including Warmup and Cooldown)



SATURDAY

Forearms/Calves/Abs (After 4 weeks)

Exercises	Weight	Sets	Reps	Rest Interval
WARM UP (10-15 mins)				
A1. Reverse Wrist Curls		3	20	No rest
A2. Plate Holds		3	30-45 Sec	No rest
A3. Deadhangs		3	30-45 Sec	Take 1 minute rest after A3 and the repeat the circuit 2 more times
B. Seated Calf Raises		4	15	45 seconds
C1. Reverse Crunches		3	12-15	20 seconds
C2. Knee to Elbow Crunches		3	12-15	20 seconds
C3. Russian Twists		3	12-15	20 seconds
C4. Plank Holds		3	30-45 Seconds	Take 1 minute rest after C4 and the repeat the circuit 2 more times
Stretching and Cooldown (5-10 Mins)				

Duration of Workout : 45-60 Mins (Including Warmup and Cooldown)



Important Tip

Before every Full Body Workout (i.e. Monday, Wednesday and Friday) you will perform 2-3 sets of Pushups and 2-3 sets of pull-ups for as many reps as possible after warmup to get stronger in bodyweight movements.

For Muscle gain:

Apart from this, people who are skinny and who want to Build Muscle will perform only 10 minutes of Stretching and cool down after exercise.

For fat Loss:

For fat loss and weight loss you will perform 20-30 minutes of Low Intensity Cardio like brisk walking or Cross-trainer or cycling after finishing your weight training and then perform 10 minutes of stretching after cardio.

How to choose weights?

Keep a Manual Journal for the Workout. Every single week increase the amount of Weight for same reps or the number of Reps for the same weight. Do not go till failure in every set. Finish your sets with 1-3 reps in the tank.

For Isolation Exercises like Curls, Extensions and Flys, you can go to failure in every set but make sure to Progressively Overload every single week which means Increase weight with same reps or Increase reps for same weight.

How long can you follow this Workout Plan?

For best results, you can follow this workout program for upto 16 weeks.

