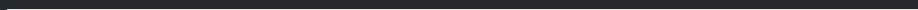


# TRAINING

## **WEEK 2**

### **FOUNDATION BUILDING**



FOUNDATION BUILDING

WEEK 2

DAY 1: FULL BODY

EXERCISE:	SETS	REPS
Squats	3	12
Brench Press	3	12
Bent-Over Rows	3	12
Dumbbell Lunges	2	12
Plank(30-45 seconds)	3	1

DAY 2: RUNNING

EXERCISE:	SETS	REPS
Running	2	10
spinning	1	40

DAY 3: FULL BODY

EXERCISE:	SETS	REPS
Deadlifts	3	10
Shoulder Press	10	3
Lat Pulldowns	3	20
Step-ups	3	38
Russian Twists	3	15