



Cardio Male-Beginner (M2010)

| Exercise | Sets & Reps |
|----------------------|-------------|
| Elliptical Trainer | 10 mins |
| Stationary Bike | 10 mins |
| Walking on Treadmill | 10 mins |
| Stationary rowing | 3 X 8 |



Cardio Male-Beginner (M2011)

| Exercise | Sets & Reps |
|----------------------|-------------|
| Rope Jumping | 10 mins |
| Jogging on Treadmill | 10 mins |
| Stationary Rowing | 3 X 8 |
| Elliptical Trainer | 10 mins |



Cardio Male-Intermediate (M2020)

| Exercise | Sets & Reps |
|----------------------|-------------|
| Elliptical Trainer | 15 mins |
| Stationary Bike | 15 mins |
| Walking on Treadmill | 12 mins |
| Step Mill | 10mins |



Cardio Male-Intermediate (M2021)

| Exercise | Sets & Reps |
|----------------------|-------------|
| Stationary Bike | 15 mins |
| Rope Jumping | 8 mins |
| Stationary Rowing | 15 mins |
| Walking on Treadmill | 12 mins |



Muscle Gain Male-Intermediate (M2022)

| Exercise | Sets & Reps |
|-------------------------|-------------|
| Dumbbell Lateral Raise | 3 X 10 |
| Dumbbell Flye | 3 X 10 |
| Barbell Bent-over Row | 3 X 10 |
| Barbell Bench press | 3 X 10 |
| Overhead Dumbbell Press | 3 X 10 |
| Leg Press | 3 X 10 |
| Lying Leg Curl | 3 X 10 |
| Seated Leg Curl | 3 X 10 |
| Seated Calf Raise | 3 X 10 |



Cardio Male-Advance (M2030)

| Exercise | Sets & Reps |
|---------------------------|-------------|
| Stationary Bike | 15 mins |
| Rope Jumping | 10 mins |
| Recumbent Stationary Bike | 10mins |
| Stationary Rowing | 3 X 12 |
| Running on Treadmill | 10 mins |



Cardio Male-Advance (M2031)

| Exercise | Sets & Reps |
|----------------------|-------------|
| Elliptical Trainer | 15 mins |
| Jogging on Treadmill | 10 mins |
| Step Mill | 10 mins |
| Stationary Rowing | 3 X 12 |
| Running on Treadmill | 10 mins |



Muscle Gain Male- Professional (M1040)

| Exercise | Sets & Reps |
|------------------------------|-------------|
| Overhead Dumbbell Press | 3 X 15 |
| Inclined Barbell Bench Press | 3 X 15 |
| Preacher Curl with Cable | 3 X 15 |
| Smith Machine Upright row | 3 X 15 |
| Back Squat | 3 X 15 |
| Leg Press | 3 X 15 |
| Lying Leg Curl | 3 X 15 |
| Romanian dead Lift | 3 X 8 |
| Seated Leg Curl | 3 X 15 |



Muscle Gain Male- Professional (M1041)

| Exercise | Sets & Reps |
|------------------------------|-------------|
| Preacher Curl with Cable | 3 X 15 |
| Inclined Barbell Bench Press | 3 X 15 |
| Overhead Dumbbell Press | 3 X 15 |
| Dumbbell Lateral Raise | 3 X 15 |
| Seated Leg Curl | 3 X 15 |
| Leg Press | 3 X 15 |
| Lying Leg Curl | 3 X 15 |
| Romanian dead Lift | 3 X 8 |
| Back Squat | 3 X 15 |

