



Weight loss Male-Beginner (M3010)

Exercise	Sets & Reps
Body Weight Squats	3 X 8
Dumbbell Bench Press	3 X 8
Dumbbell Row	3 X 8
Lying Isometric Y	30 sec
Box Step-Ups(each Leg)	1 X 15
Plank	5 min



Weight loss Male-Beginner (M3011)

Exercise	Sets & Reps
Sit-Ups	3 X 8
Burpees	3 X 8
Push ups	3 X 8
Elliptical Trainer	10 mins
Stationary Rowing	10 mins
Plank	5 min



Weight Loss Male-Intermediate (M3020)

Exercise	Sets & Reps
Body Weight Squats	3 X 10
Dumbbell Row	3 X 10
Running on Treadmill	12 mins
Elliptical Trainer	10mins
Burpees	3 X 10
Barbell Bench press	3 X 6



Weight Loss Male-Intermediate (M3021)

Exercise	Sets & Reps
Running on Treadmill	12 mins
Rope Jumping	8 mins
Push ups	3 X 10
Walking on Treadmill	12 mins
Barbell Lunge	3 X 6
Plank	5 min



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



Weight Loss Male-Advance (M3030)

Exercise	Sets & Reps
Barbell Bench Press	3 X 8
Barbell Lunge	3 X 10
Bent Over Rows	10mins
Sit-Ups	3 X 12
Barbell Squats	10 mins
Stationary Rowing	10 mins



Weight Loss Male-Advance (M3031)

Exercise	Sets & Reps
Push-ups	3 X 10
Barbell Squats	3 X 8
Burpees	3 X 12
Barbell Lunge	3 X 8
Barbell Bench Press	3 X 8
Sit-ups	3 X 10



Weight Loss Male- Professional (M3040)

Exercise	Sets & Reps
Push ups	3 X 8
Barbell Bench Press	3 X 8
Deadlift	3 X 8
Barbell Lunge	3 X 8
Bent Over Rows	3 X 8
Chin ups	3 X 8



Weight Loss Male- Professional (M3041)

Exercise	Sets & Reps
Sit up	3 X 15
Battle ropes	10 mins
Barbell Rollouts	3 X 10
Clean and Press	3 X 8
Barbell Squats	3 X 8
Barbell Bench Press	3 X 8