 **Weight loss Female-Beginner (M3010)**

|  |  |
| --- | --- |
| Exercise | Sets & Reps |
| **Body Weight Squats** | **3 X 6** |
| **Dumbbell Bench Press** | **3 X 6** |
| **Dumbbell Row** | **3 X 6** |
| **Lying Isometric Y** | **30 sec** |
| **Box Step-Ups(each Leg)** | **1 X 10** |
| **Plank** | **5 min** |

 **Weight loss Female-Beginner (M3011)**

|  |  |
| --- | --- |
| Exercise | Sets & Reps |
| **Sit-Ups** | **3 X 6** |
| **Burpees** | **3 X 6** |
| **Push ups** | **3 X 6** |
| **Elliptical Trainer** | **10 mins** |
| **Stationary Rowing** | **10 mins** |
| **Plank** | **5 min** |

 **Weight Loss Female-Intermediate (M3020)**

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

 **Weight Loss Female-Intermediate (M3021)**

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

 **Muscle Gain Female-Intermediate (M2022)**

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| --- | --- |
| 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 Female-Advance (M3030)**

|  |  |
| --- | --- |
| Exercise | Sets & Reps |
| **Barbell Bench Press** | **3 X 6** |
| **Barbell Lunge** | **3 X 10** |
| **Bent Over Rows** | **10mins** |
| **Sit-Ups** | **3 X 10** |
| **Barbell Squats** | **10 mins** |
| **Stationary Rowing** | **10 mins** |

 **Weight Loss Female-Advance (M3031)**

|  |  |
| --- | --- |
| Exercise | Sets & Reps |
| **Push-ups** | **3 X 10** |
| **Barbell Squats** | **3 X 6** |
| **Burpees** | **3 X 10** |
| **Barbell Lunge** | **3 X 6** |
| **Barbell Bench Press** | **3 X 6** |
| **Sit-ups** | **3 X 10** |

 **Weight Loss Female- Professional (M3040)**

|  |  |
| --- | --- |
| Exercise | Sets & Reps |
| **Push ups** | **3 X 6** |
| **Barbell Bench Press** | **3 X 6** |
| **Deadlift** | **3 X 6** |
| **Barbell Lunge** | **3 X 6** |
| **Bent Over Rows** | **3 X 6** |
| **Chin ups** | **3 X 6** |

 **Weight Loss Female- Professional (M3041)**

|  |  |
| --- | --- |
| Exercise | Sets & Reps |
| **Sit up** | **3 X 10** |
| **Battle ropes** | **10 mins** |
| **Barbell Rollouts** | **3 X 10** |
| **Clean and Press** | **3 X 6** |
| **Barbell Squats** | **3 X 6** |
| **Barbell Bench Press** | **3 X 6** |