 **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** |