**(5:00 PM – 6:00 PM)**

20 mins of basic warmup (stretching, jumping jacks , rotating every parts of the body , etc etc ) every kind of warm up will be done in this 20 minutes

***Monday :- Leg Workout***

***Tuesday :- Chest and Shoulder***

***Wednesday :- Abs Exercise , stretching , yoga , skipping , working with flexibility***

***Thursday :- Leg Workout***

***Friday :- Chest and Shoulder***

***Saturday :- Abs Exercise , stretching , yoga , skipping , working with flexibility***

Leg workout

1. Bodyweight squats
2. Lateral squat
3. Deep forward lunge
4. Knee hug
5. Hip rotation
6. Reverse lunges
7. Barbell squat
8. Shift leg dead-lift
9. Split squat
10. Goblet Squat
11. Leg Abduction

Chest and shoulder

1. Warm up :- using band (back and forth)
2. Shoulder warm up
3. Barbell benchpress
4. Incline chest press
5. Lateral shoulder raise
6. Shoulder raises , front raises , posterior raises
7. Face pulls (resistance band)
8. Front raises (bar bell wala round )

Abs exercise

**Watch video**