

TRAINING PROGRAMME

GLUTE / HAMS LEG 1	ORDER	EXERCISE	TIME / REPITITION	SETS	NOTES
	A1	Ball Squat	2 Mins	3	WARM-UP EXERCISE
	B1 B2 B3	Wide /Deep Squat (Smith machine) Leg press(wide) Good morning	8-10	4	
	C1 C2	Seated hamstring curl Hamstring curl machine	12 - 15	3	

SHOULDERS & TRICEPS	ORDER	EXERCISE	TIME / REPITITION	SETS	NOTES
	A1 A2 A3	Shoulder press Side lateral raise Upright row	8 -10	4	
	C1 C2	Around the world Front raises	8 - 10	4	
	E1 E2	Tricep dips Tricep extension (dumbbell)	12 – 15	3	

BACK & BICEPS	ORDER	EXERCISE	TIME / REPITITION	SETS	NOTES
	A1 A2	Pull ups(Wide) Single Arm Row(dumbbell)	5-6 8-10	4	
	B1 B2	Single arm row (Cables) Bent over row	8-10	4	
	E1 E2	Hammer curls Bicep curls	12 - 15	3	

GLUTE / QUADS LEG 2	ORDER	EXERCISE	TIME/ REPITITION	SETS	NOTES
	A1	Ball Squat	2 Mins	3	WARM-UP EXERCISES
	B1 B2	Bulgarian split Box step ups	8 – 10	4	
	C1 C2	Leg press(Narrow) Leg Extension	8 – 10	4	
	D1 D2	Static lunge Leg extension single leg	8-10		

Cardio	ORDER	EXERCISE	TIME/ REPITITION	SETS	NOTES
	A1	Cross trainer	8 mins	Level 6-8	WARM-UP EXERCISES
	B1	Walk on treadmill Walk up hill	10 mins	Incline: 7 Speed: 6	

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	C1	Jog on treadmills	5 mins	ranging	
	C2	Sprint on tread mill Repeat	each one		
	D1	14 flights of stairs on stair stepper			