

## CONGRATULATIONS FOR COMPLETING LEVEL 4!

### CONSISTENCY IS THE KEY!

EXERCISE PROGRAMME:**Suraj jaiswal**

**Goal: Increase muscular endurance. Reduce body fat. Improve Cardiovascular endurance.**

#### MEMBERSHIP EXPIRY DATE

MAKE YOUR MINDSET THAT I WILL GIVE BEST PERFORMANCE IN GYM TODAY WORKOUT

WARMING UP HELPS PREPARE YOUR BODY FOR AEROBIC ACTIVITY.

A WARMUP GRADUALLY REVS UP YOUR CARDIOVASCULAR SYSTEM BY RAISING YOUR BODY TEMPERATURE AND INCREASING BLOOD FLOW TO YOUR MUSCLES WARMING UP MAY ALSO HELP REDUCE MUSCLE SORENESS AND LESSON YUR RISK OF INJURY.

**PRECAUTION: LISTEN TO THE TRAINER TO AVOID THE RISK OF INJURY. DO NOT EGO- LIFT.**

**START WITH SOME JOINT ROTATION AND MOBILITY DRILLS**

1 - NECK UP DOWN LEFT RIGHT ROTATION

2 - SHOULDER ROTATION

3 - HIP CIRCLES

4 - ARMS CIRCLES

5 - ARMS SWINGS

6 - LEG SWINGS

7 - STANDING CROSS OVER TOE TOUCH

8 - STANDING TOE TOUCH

9 - CAT CAMEL

10- TOE ROTATION

THEN DO 5 MIN TREADMILLS TO INCREASE BLOOD FLOW IN YOUR BODY FROM HEART.

## YOU ARE READY NOW

	<b>WORKOUT 5</b>		
	<b>BACK &amp; BICEP'S (DAY 1)</b>		
1	BENT OVER ROW OR DEADLIFT	2 SET (10 TO 12 REP)	
2	LAT PULL DOWN (BROAD GRIP) OR PULL UP'S	2 SET (10 TO 12 REP)	
3	LAT PULL DOWN (NARROW GRIP) OR CHIN UP'S	2SET (10 TO 12 REP)	
4	SEATED ROW	2 SET (10 TO 12 REP)	
5	D/B OR B/B SHRUGS	2 SET (10 TO 12 REP)	
7	REAR DELT ROW	2 SET (10 TO 12 REP)	
8	GOOD MORNING (BENT OVER DAY)	2 SET (10 TO 12 REP)	
9	D/B OR B/B OR MACHINE CURL	2 SET (10 TO 12 REP)	
10	D/B OR B/B PREACHER CURL	2 SET (10 TO 12 REP)	
11	D/B HAMMER CURL OR REVERSE CURL	2 SET (10 TO 12 REP)	
	MACHINE		
	BACK & BICEP'S & LOWER BACK STRETCH		
	(15 TO 20 SEC HOLD)		
	<b>DAY 3</b>		
	<b>CHEST SHOULDER &amp; TRICEP'S</b>		
1	D/B DECLINE BENCH PRESS	2 SET (10 TO 12 REP)	
2	D/B INCLINE BENCH PRESS	2 SET (10 TO 12 REP)	
3	D/B OR B/B FLAT BENCH PRESS	2 SET (10 TO 12 REP)	

4	D/B OR MACHINE PECK - DECK FLY	2 SET (10 TO 12 REP)	
5	D/B OR B/B OVERHEAD PRESS	2 SET (10 TO 12 REP)	
6	D/B LATERAL RAISES	2 SET (10 TO 12 REP)	
7	D/B EXTERNAL ROTATION	2 SET (10 TO 12 REP)	
8	PARALLEL BAR DIP'S	2 SET (10 TO 12 REP)	
9	B/B FLAT BENCH CLOSE GRIP PRESS	2 SET (10 TO 12 REP)	
10	TRICEP'S CABLE PUSHDOWN	2 SET (10 TO 12 REP)	
	CHEST - SHOULDER & TRICEP'S STRETCH		
	(15 TO 20 SEC HOLD)		
	<b>LEG'S (DAY 5 )</b>		
1	SQUATS	2 SET (10 TO 12 REP)	
2	PLYOMETRIC LUNGES OR WALKING	2 SET (10 TO 12 REP)	
	LUNGES OR REVERSE LUNGES OR STEP -		
	UP		
3	LEG PRESS OR LEG EXTENSION	2 SET (10 TO 12 REP)	
4	STIFF LEG DEADLIFT	2 SET (10 TO 12 REP)	
5	STANDING CALF RAISES	2 SET (10 TO 12 REP)	
6	SEATED CALF RAISES	2 SET (10 TO 12 REP)	
7	LEG CURL	3 SET (10 TO 12 REP)	
	LOWER BODY & LOWER BACK STRETCH		
	(15 TO 20 SEC HOLD		
	<b>CARDIO &amp; ABS (DAY 2,4 &amp; 6 )</b>		
	TREADSMILL = 15 MIN		
	ELLYPTICAL = 15 MIN		
	CYCLE = 15 MIN		
1	SITUP'S ON DECLINE BENCH	2 SET (10 TO 12 REP)	
2	REVERSE SITUP'S ON INCLINE BENCH	2 SET (10 TO 12 REP)	

3	TWISTING SITUP'S ON DECLINE BENCH	2 SET (10 TO 12 REP)	
4	TRUNK LATERAL FLEXION ON BACK EXTENSION BENCH	2 SET (10 TO 12 REP)	
5	SIDE PLANK ON FLOOR	2 SET (50 TO 60 SEC HOLD)	
6	PLANK ON FLOOR OR SWISS BALL	2 SET (50 TO 60 SEC HOLD)	
	FULL BODY STRETCH (15 TO 20 SEC HOLD)		

## STRETCHES

Stretching Reduces pain and risk of injury.

muscle that remains tight after a workout are more prone to injury.

Gradual relaxation, its beneficial for both body and mind to gradually slow down.

It helps to eliminate the lactic acid and it improves flexibility

More flexible= more range of motion =better performance = more muscle.

1	Lever pulls stretch	30sec to 1 min hold
2	Wall elbow stretch	30sec to 1 min hold
3	Cat camel stretch	30sec to 1 min hold
4	Frog pose	30sec to 1 min hold
5	Cobra pose	30sec to 1 min hold
6	Mountain pose	30 sec to 1 min hold
7	Arms stretches	30sec to 1 min hold
8	Calves stretch	30sec to 1 min hold
9	Neck stretches	30 sec to 1 min hold
10	Shavasana	2 min
11	Meditation	5 min