

Week 1 workout plan emphasizes focusing on precise muscle movements to achieve a full range of motion, utilizing lighter weights for more repetitions, and incorporating effective cardiovascular activities.

No	Workout	Weight	Reps	Sets	
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Day 1 - full body					
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Round 1 - upper body					
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1	Push ups	Body weight	10-12	2	
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2	Bent over rows	Barbell - 10-15 kgs	10-12	3	
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Round 2 - lower body					
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3	Squat	Body weight	10-12	2	
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4	alt lunges fed	Body weight	10-12	2	
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Round 3- core					
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5	High plank	Body weight	Max til failure	3	
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6	Low plank	Body weight	Max til failure	3	
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Day 2 - Walking					
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	Walking		45 mins	1	
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Day 3 - full body					
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Round 1 - upper body					
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	Over head shoulder				
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1	press	Dumbbell -7-12.5	8-10	4	
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2	Biceps curl	Cable - resistance	Max til failure	2	
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Round 2 - lower body					
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		Barbell ( 40% of body			
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3	Dead lifts	weight )	6-8	4	
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4	Calf raise	Dumbbell - 20-25 kg	10-15	3	
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Round 3- core					
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5	Plank twist	Body weight	Max til failure	3	
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6	Jerks rows	Body weight	Max til failure	3	
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Day 4 - Walking					
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	Walking		45 mins	1	
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Day 5 - full body					
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Round 1 - upper body					
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1	Tricop ext	Cable - resistance	Max til failure	2	
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2	Push press	Dumbbell 7.5 -10 kg	12-15	2	
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Round 2 - lower body					
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3	Bulgarian squats	Dumbbell 7-10 kg	5-8	4	
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4	Wall sit	Body weight	60 sec - 90 sec	5	
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Round 3- core					
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5	Side to side rows	Body weight	Max til failure	3	
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6	Farmers cary	Body weight	Max til failure	3	
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Day 6 - Walking					
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	Walking		45 mins	1	
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Day 7 - Relax					
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	Relax				
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