# Training programs

Jewel 35- 45 mins

**Warm up- 10 minutes treadmill**

**Cooldown- 15 minutes stairmaster**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day 1 | sets | Day 2 | sets | Day 3 | sets |
| Full Body |  | Lower body |  | Full Body |  |
| Glute Back extentions | 6/10/12 | **Curtsy**  **Squat** | 16 | **Leg raises/Ab crunches** | 2 sets  1 min |
| Reverse  Planks | 2 sets  1 min 10 seconds | **Hip Thrusts** | 3 sets  16/12/8 | **Good Mornings** | 4 sets  12/12/8/6 |
| Bent over lateral raises | 10/12/20 | **BURPEES!**  **Or**  **Ball slams** | sets  1 min each | **Farmers**  **Walk** | 3 sets  30 seconds |
| Weighted squat | 6/10/12 |  |  | **Over head press** | 20/16/12/10 |
| Superset  Heel elevated squat | 6/8/10 |  |  |  |  |

# Training programs

Miceal 30mins – 1 hr

**Warm up- 10 minutes treadmill**

**Cooldown- 15 minutes treadmill**

|  |  |  |  |
| --- | --- | --- | --- |
| Day 1 | sets | Day 2 | Sets |
| Legs |  |  |  |
| Stiff Leg Romanian Deadlifts | 4 sets  16/16/12/10 | **Hamstring Curls (seated or lying)** | 3 sets  20/12/8-10 |
| Barbell Squat | 3 sets  12/10/8-10 | **Leg extensions** | 4 sets  8/10/12/16 |
| Leg press | 4 sets 14/12/10/16 | **Lunges**  **(Isometric hold for 4 sec)** | 2 sets  12 |
| Calf Raises | 3 sets  16/16/16 | **Hip thrusts** | 2 sets  14/12 |
|  |  | **Calf Raises** | 2 sets  16/20 |