

MONDAY (CARDIO)		
TRAINING SCHEDULE	SET	REPS
TREADMILL	15 MIN	-
FRONT KICK	3 SET	15+15+15
SIDE KICK	3 SET	15+15+15
D/B SIDE BEND	3 SET	15+15+15
STICK SIDE BEND	3 SET	15+15+15
CRUNCHES	3 SET	20+20+20
LEG RAISE	3 SET	20+20+20
MOUNTAIN CLIMBERS	3 SET	20+20+20
BURPEES	3 SET	15+15+15
PLANK HOLD	3 SET	45 SEC EACH
CYCLE	5 MIN	-
TUESDAY (CHEST - TRICEPS)		
TRAINING SCHEDULE	SET	REPS
CYCLE	10 MIN	-
PUSHUPS	3 SET	15+12+10
BENCH PRESS FLAT	3 SET	15+12+10
MACHINE CHEST PRESS	3 SET	15+12+10
MACHINE PACK FLY	3 SET	15+12+10
DUMBBELL PRESS FLAT BANCH	3 SET	15+12+10
DUMBBELL SKULL CRUSHER	3 SET	15+12+10
PULLEY PUSH DOWN	3 SET	15+12+10
BENCH DIPS	3 SET	15+12+10
REVERSE PULLEY PUSH DOWN	3 SET	15+12+10
TREADMILL	10 MIN	-
WEDNESDAY (CARDIO)		
SAME AS MONDAY		

THURSDAY (BACK - BICEPS)		
TRAINING SCHEDULE	SET	REPS
ELECTRICAL	10 MIN	-
WIDE GRIP PULL UPS	3 SET	10+10+10
LET PULLDOWN	3 SET	15+12+10
VERTICAL ROW	3 SET	15+12+10
ONE ARM ROW (DB)	3 SET	15+12+10
HIGH PULLEY	3 SET	15+12+10
B/B CURL	3 SET	15+12+10
DUMBBELL CURL	3 SET	15+12+10
PREACHER CURL	3 SET	15+12+10
PULLEY CURL	3 SET	15+12+10
WRIST CURL MACHINE	3 SET	15+15+15
FRIDAY (CARDIO)		
SAME AS MONDAY		
SATURDAY (SHOULDER - LEGS)		
TRAINING SCHEDULE	SET	REPS
TREADMILL (WALK)	10 MIN	-
FREE SQUATS	3 SET	15+12+10
D/B WIDE SQUATS	3 SET	15+12+10
LEG PRESS	3 SET	15+12+10
LEG CURL	3 SET	15+12+10
LEG EXTENSION	3 SET	15+12+10
CALF RAISE	3 SET	15+12+10
SHOULDER PRESS MACHINE	3 SET	15+12+10
MACHINE LATERAL RAISE	3 SET	15+12+10
D/B FRONT RAISE	3 SET	15+12+10
B/B UP RIGHT ROW	3 SET	15+12+10
D/B SHRUGS	3 SET	15+12+10
SKIPPING	3 SET	100+100+100
SUNDAY		
REST DAY		