

Advanced workout

Day 3 / Wednesday

notes :

start with light weights first then add more weights in the next reps

rest time between sets 1 minute

rest time between exercises 2 minutes

https://youtu.be/j4A-aSdhJT8	5 minute	warm up
https://youtu.be/zh9jYIKL5r4	30 sec	Stretch
https://youtu.be/Wy-2QvibcpQ	sets 4 reps 12-12-10-10 weight	Leg Squat
https://youtu.be/Rz-pD1_b5uU	Sets 4 reps 12-10-10-8 weight	Leg Leg Press machine
https://youtu.be/Gy2nibXyOt4	Sets 4 reps 12-10-10-10 weight	Leg Leg Extension
https://youtu.be/6LyXzitiv30E	Sets 3 reps 12-10-10 weight	Leg Lying Leg Curl
https://youtu.be/jH5yeWM2eBA	Sets 3 reps 10-10-10 weight	Leg Hip Thrust

https://youtu.be/yME3v357Wdk	Sets 4 reps 20-15-12-10 weight	Calf Calf raise
https://youtu.be/FsjZBj7wMXY	Sets 3 reps 20-15-15	Abs Abs Crunch
https://youtu.be/O86o1L8JX-M	Sets 3 30 seconds each set	Abs Leg raise
https://youtu.be/B79HEIa2g_w	Sets 3 20-30 seconds each set weight / 5 kg	Abs Russian Twist
https://youtu.be/HqsAelGBeRM	Sets 2 20 seconds each set	Abs Lying side Crunch
https://youtu.be/j4A-aSdhJT8	30 minutes	Cardio Walking speed 6 km/h