

Pro workout

Day 2 / Tuesday

notes :

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

Always start with highest rep first with normal weight

rest time between sets 1 minute

rest time between exercises 2 minutes

https://youtu.be/n1jjb68YOy4	5 minute	warm up
https://youtu.be/zh9jYIKL5r4	30 sec	Stretch
https://youtu.be/B1D0i9cZ3PI	sets 3 reps 12-10-10-8 weight	Leg Reverse Lunges
https://youtu.be/Rz-pD1_b5uU	Sets 4 reps 12-10-10-8 weight	Leg Leg press machine
https://youtu.be/gXCC3arrDqg	Sets 4 reps 15-12-10 weight 15-18-20 kg	Leg Deadlift staggered stance
https://youtu.be/Gy2nibXyOt4	Sets 4 reps 15 -12-10-8 weight	Leg Leg Extension

https://youtu.be/6LyXzitv30E	Sets 4 reps 12-10-10 -8 weight	Leg Leg Curl
https://youtu.be/Oai7FNaOxVM	Sets 4 reps 20-15-12-10 weight	Calf Calf Press machine
https://youtu.be/yo4oIKHOqrg	Sets 4 reps 15-15-12-12 weight 10-15-15-15 kg	Calf DM Calf raise
https://youtu.be/INClweanlp0	Sets 3 reps 20-20-15 weight 5 kg	Abs Crunch with weight
https://youtu.be/xZqm2e17BHE	Sets 3 reps 15-15-12 weight 5kg	Abs Leg raise
https://youtu.be/B79HEIa2g_w	Sets 3 30-40 seconds each set weight 5 kg	Abs Russian Twist
https://youtu.be/VawjeQmpUJQ	Sets 3 reps 15-12-10 weight 5 kg	Abs Side crunch