

Beginners workout

Day 2

notes :

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

rest time between sets 1-2 minutes

rest time between exercises 2-3 minutes

You can change the cardio if you like to walking or jogging

https://youtu.be/4XfB4jlhfMY	5 minutes	warm up
https://youtu.be/zh9jYIKL5r4	1 minute	Stretch
https://youtu.be/Vm09VnYDLIE Alternative exercise https://youtu.be/9d79UdyDLGQ	sets 3 reps 12-12-10 weight	Back Lat pull down
https://youtu.be/-tu8CMjhoFw Alternative exercise https://youtu.be/tehwMeSyTFQ	Sets 3 reps 10-10-10 weight	Back Machine Row
https://youtu.be/W-QZZKjyKGA	Sets 3 reps 10-10-10	Back Pull ups machine
https://youtu.be/4QnAu8xpJlg	Sets 3 reps 12-10-10 weight	Back Cable row

https://youtu.be/g67YmPfSStM	Sets 3 reps 15-12-10	Back Back Extension
https://youtu.be/X2z1c4gW_RM	Sets 3 reps 15-12-10 weight	Biceps Cable biceps curl
https://youtu.be/-u7Ozqegqcs	Sets 3 reps 10-10-10 weight	Biceps
https://youtu.be/tfOxSgDy6hc	Sets 3 reps 20-15-15 weight 5-10-10 kg	Forearm Reverse cable wrist curl
https://youtu.be/X2z1c4gW_RM	Sets 3 reps 15-15-15 weight 5-10-10kg	Forearm cable wrist curl
https://youtu.be/j4A-aSdhJT8	30 minutes	cardio